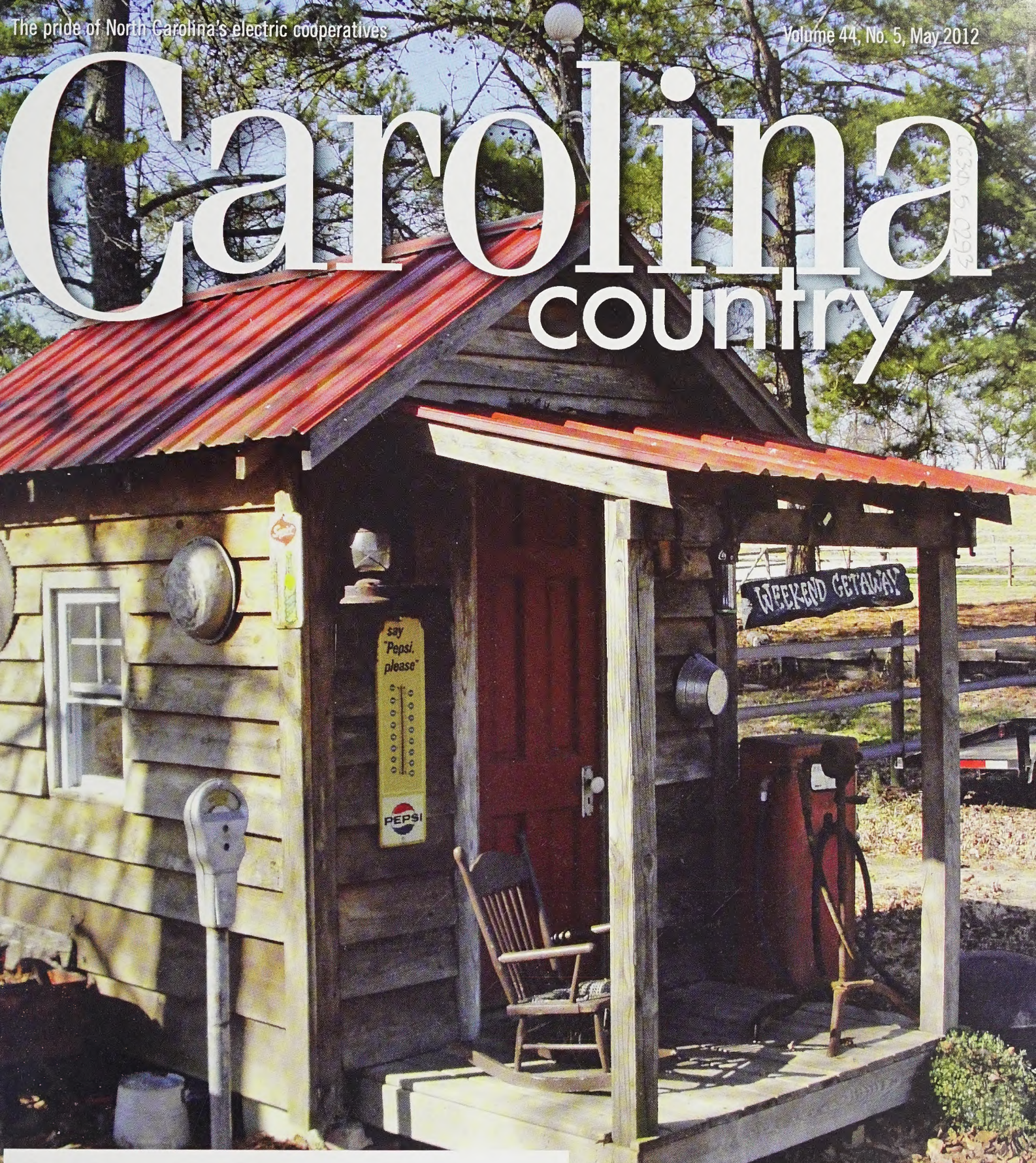
The pride of North Carolina's electric cooperatives

Volume 44, No. 5, May 2012

Carolina country



C03 5 0294

#BXNGZPW **********AUTO**3-DIGIT 275
#4405229643000001#
1 61
N CAROLINA COLLECTION
WILSON LIBRARY
3330 UNC-CH
CHAPEL HILL NC 27599-0001

Your Touchstone Energy® Cooperative
P.O. BOX 27306, RALEIGH, NC 27611

PERIODICAL

Your Amazing Sheds

ALSO INSIDE:

Rescuing Fukushima

"The Hunger Games" site

How to buy and maintain a manufactured home—pages 26–27

Limited to the first 2500 respondents

Spectacular Treasure from Mount St. Helens

The Beauty in the Beast

For almost a hundred years it lay dormant. Silently building strength. At 10,000 feet high, it was truly a sleeping giant, a vision of peaceful power. Until everything changed in one cataclysmic moment. On May 18, 1980, the once-slumbering beast awoke with violent force and revealed its greatest secret.

It was one of nature's most impressive displays of power. Mount St. Helens erupted, sending a column of ash and smoke 80,000 feet into the atmosphere. From that chaos, something beautiful emerged... our spectacular ***Helenite Necklace***. Produced from the heated volcanic rock dust of Mount St. Helens, this brilliant green creation has captured the attention of jewelry designers worldwide. Today you can wear this 6½-carat stunner for the exclusive price of only $129!

Your satisfaction is guaranteed. Our *Helenite Necklace* puts the gorgeous green stone center stage, with a faceted pear-cut set in gold-layered .925 sterling silver. The explosive origins of the stone are echoed in the flashes of light that radiate as the piece swings gracefully from its 18" gold-plated sterling silver chain. Today the volcano sits quiet, but this unique piece of natural history continues to erupt with gorgeous green fire.

Add the 3-carat earrings!

Your satisfaction is guaranteed. Bring home the Helenite Necklace and see for yourself. If you are not completely blown away by the rare beauty of this exceptional stone, simply return the necklace within 30 days for a full refund of your purchase price.

Helenite Necklace (6 ½ ctw)—~~$249~~ **$129**

Helenite Earrings (3 ctw)—~~$249~~ **$129**

Helenite Set (necklace & earrings)—~~$498~~ **$199** *Save $299*

Call now to take advantage of this extremely limited offer.

1-800-859-1979

Promotional Code HEL162-01
Please mention this code when you call.

Stauer® 14101 Southcross Drive W., Dept. HEL162-01, Burnsville, Minnesota 55337 **www.stauer.com**

"When it comes to color and sparkle, this gorgeous green stone gives the world's finest emeralds a run for their money!"

– James Fent
Certified Gem Guru

ACCREDITED BUSINESS
Stauer has a **Better Business Bureau Rating** of A+

JEWELRY SPECS:
- 6 ½ ctw Helenite in gold over sterling silver setting
- 18" gold-fused chain

Smart Luxuries—Surprising Prices

May 2012
Volume 44, No. 5

Here's an amazing shed owned by Buddy and Kim Hoffman of Lincolnton. See more shed stories inside.

FEATURES

6 *My Many Mother's Days*
Whatever life threw at us, we did not have to deal with it alone.

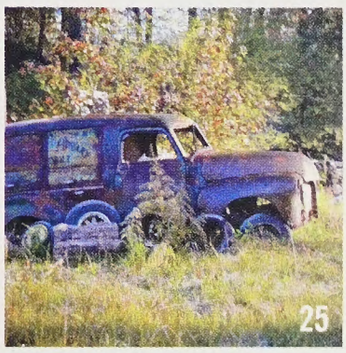
12 *Disaster Averted*
American know-how helped avoid disaster at Japan's Fukushima nuclear power plant.

16 *Amazing Sheds*
These are not your garden variety potting sheds. These are amazing!

26 *Tried & True*
22 tips for buying and maintaining a manufactured home.

29 *Henry River Mill Village*
"The Hunger Games" was filmed here in Burke County.

30 *My Dad the Streaker*
And other things you remember.



FAVORITES

4 **First Person**
Cooperatives work for today's global economy.

8 **More Power to You**
Energy audits for small businesses.

25 **Where Is This?**
Somewhere in Carolina country.

32 **Joyner's Corner**
A definition of largesse.

33 **Marketplace**
A showcase of goods and services.

34 **Carolina Country Store**
New Bern ArtWorks.

36 **Carolina Compass**
The Lake Eden Arts Festival.

40 **On The House**
Carbon monoxide alarms.

41 **Classified Ads**

42 **Carolina Kitchen**
Knock You Nakeds, Penne Gorgonzola With Chicken, Fruit Salad Cheesecake, Sage Meat Loaf.

ON THE COVER

One of your amazing sheds. This one belongs to Central EMC members Greg and Angela Hayes of Angier. See more on pages 16–19.

Carolina country
(ISSN 0008-6746) (USPS 832800)

2010 George W. HAGGARD Memorial Journalism Award

Read monthly in more than 650,000 homes

Published monthly by North Carolina Association of Electric Cooperatives, Inc.

Your Touchstone Energy® Cooperative

3400 Sumner Blvd.
Raleigh, NC 27616
www.carolinacountry.com

Editor
Michael E.C. Gery, (919) 875-3062

Senior Associate Editor
Renee C. Gannon, CCC, (919) 875-3209

Contributing Editor
Karen Olson House, (919) 875-3036

Creative Director
Tara Verna, (919) 875-3134

Senior Graphic Designer
Warren Kessler, (919) 875-3090

Graphic Designer
Linda Van de Zande, (919) 875-3110

Publication Business Specialist
Jenny Lloyd, (919) 875-3091

Advertising
Jennifer Boedart Hoey, (919) 875-3077

Executive Vice President & CEO
Joseph P. Brannan

Senior Vice President, Corporate Relations
Nelle Hotchkiss

North Carolina's electric cooperatives provide reliable, safe and affordable electric service to nearly 900,000 homes and businesses. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

Why Do We Send You Carolina Country Magazine?
Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than $4 per year.

BPA WORLDWIDE Member of BPA Worldwide

Advertising published in Carolina Country is accepted on the premise that the merchandise and services offered are accurately described and willingly sold to customers at the advertised price. The magazine, North Carolina Association of Electric Cooperatives, Inc., and the member cooperatives do not necessarily endorse the products or services advertised. Advertising that does not conform to these standards or that is deceptive or misleading is never knowingly accepted. Should you encounter advertising that does not comply with these standards, please inform Carolina Country at P.O. Box 27306, Raleigh, NC 27611. (919) 875-3062.

nfm Carolina Country magazine is a member of the National Country Market family of publications, collectively reaching over 8.4 million households.

Carolina Country is available on cassette tape as a courtesy of volunteer services at the N.C. Department of Cultural Resources, Library for the Blind and Physically Handicapped, Raleigh, N.C. (888) 388-2460.

Periodicals postage paid at Raleigh, N.C., and additional mailing offices. Editorial offices: 3400 Sumner Blvd., Raleigh, N.C. 27616. Carolina Country® is a registered trademark of the North Carolina Association of Electric Cooperatives, Inc.

POSTMASTER: Send address changes Form 3579 to Carolina Country, P.O. Box 27306, Raleigh, N.C. 27611.

Subscriptions: Individual subscriptions, $10 per year, $20 outside U.S.A. Schools, libraries, $6.

HAS YOUR ADDRESS CHANGED?
Carolina Country magazine is available monthly to members of North Carolina's electric cooperatives. If you are a member of one of these cooperatives but do not receive Carolina Country, you may request a subscription by calling Member Services at the office of your cooperative. If your address has changed, please inform your cooperative.

All content © Carolina Country unless otherwise indicated.

PRINTED WITH SOY INK Soy ink is naturally low in VOCs (volatile organic compounds) and its usage can reduce emissions causing air pollution.

The cooperative business model works for today's global economy

By Dame Pauline Green

For nearly 200 years, cooperatives have been creating jobs across the world. Currently over 100 million of the world's citizens are employed within a cooperative. That's more jobs, I'm told, than provided by all multi-national businesses put together. So as our leaders look for job creation initiatives to restore hope to the unemployed, we must point out that the cooperative model of business can do so much more.

Cooperatives since their inception have not sought to imitate their corporate competitors and solely maximize profits, but rather to meet the needs of their member-owners. Those member-owners number nearly 1 billion people across the globe. Contrast that with the 327 million individuals who are shareholders in companies listed on the world's stock markets.

Cooperative businesses are built on the globally accepted principles of sound democracy; a commitment to an economic return to members based on their trade with the business, not the size of their shareholding; and a wider social engagement as a core part of our DNA. We help to reduce conflict, build community cohesion, build skills and expertise, develop local leadership potential, and support women in positions of economic activity and leadership. Cooperatives have taken millions out of poverty with dignity, by helping them to build their own cooperative enterprises. In effect, we have been building civil society.

Our commitment to our democratic and social agenda is built on a sound and successful member-owned business model that competes successfully in the marketplace. Successful cooperatives today operate in some of the most competitive industries in the world: banking, insurance, agriculture, retail, health and energy.

We need to make the case to decision-makers that we can no longer depend on one dominant model of business. The global economy needs a diversity of corporate structures to ensure a better-balanced, more sustainable economic model going forward. The cooperative movement is the most pre-eminent of those other corporate structures with a reach into every corner of the world.

During the global financial meltdown over the last four years, our cooperative financial institutions, including credit unions, have fared much better than their competitors. Our financial institutions have overwhelmingly come through this crisis stronger.

Our model of business is sustained because it is a huge and growing network of local, autonomous, sovereign businesses, in a multitude of different sectors of the economy, that have developed according to local needs, local culture and member demands. While our investor-led competitors are duty bound to maximize profits and must worry about stock market and investor pressures, we are duty bound to serve our members. We can concentrate on giving our member-owners a good deal, rather than obsessing about maximizing profits for shareholders who are often both remote and disconnected from the business.

Our businesses keep surpluses in the business, give some back to the members according to trade and not shareholding, and we invest in the local community. We are about human need and not human greed. At a time when people are cynical of the political and economic model that dominates their lives—when they are looking for greater fairness, engagement and impact—cooperatives emerge as not only an effective governance model, but a compelling one.

We need to remind government that their role is to establish an economic legislative framework in which enterprise can thrive and prosper, and cooperative enterprise deserves equal treatment with any other form of business. We are not business as usual, but we are businesses.

Dame Pauline Green is president of the International Co-operative Alliance and chairs the United Nations Advisory Panel for the International Year of Cooperatives. This is an excerpt from her keynote address to the National Rural Electric Cooperative Association's annual meeting in March.

Artemisia on the farm

This is my daughter, Artemisia, looking at some of our honeybees on a frame last spring. We enjoy working our small family farm, and despite all of the negative things in society, my daughter, husband and I live very happy and enchanted lives.

Stephanie Woody-Groshelle, Newton

The family that keeps bees together

About eight years ago I was going through an old photo album and came across a picture of my dad working with a beehive in the 1970s. I vaguely remember Dad working with honeybees when I was young. I was raised in the country, and he kept honeybees to pollinate our gardens and fruit trees.

I am with David (left) and Dad in our bee yard.

After finding this photo, I asked Dad about the beehives, so we walked to the neglected bee yard. At first, all we saw were rotting, abandoned beehives, but then we noticed one hive still active. We realized the hive would likely die during the winter if we didn't do something. The box was literally falling apart. Since it was late fall, we knew it would probably kill the hive if we tried to transfer them to a new box, so we screwed plywood around the rotting box to help them survive the winter.

When spring came we were pleasantly surprised that the hive survived. That was the first hive Dad and I tended together. We now have five that we work.

Mostly I enjoy the time Dad and I spend together. Our beekeeping has prevailed and our relationship has grown through the years of me moving away to go to college, marriages, divorce, droughts and floods.

It's important for our environment, but beekeeping may not be for everyone. And I certainly don't mean to imply that it will solve all problems families may encounter. But what's more important are relationships, and that there are many ways to help strengthen them.

And now, my wonderful husband, David, is beekeeping, and he is definitely hooked. He is a great addition to our family and our bee yard.

Samantha Barus

Airlie Gardens

Correction #1: We inadvertently ran the wrong phone number and photo credits for Airlie Gardens in Wilmington in the April magazine ("Appreciate Your Public Gardens on May 11"). The Airlie Gardens phone number is (910) 798-7700. The Airlie Gardens photos are by Chuck Carmack.

Correction #2: We mixed up photos and letters about beekeeping in April's magazine ("First Person"). The correct ones are above.

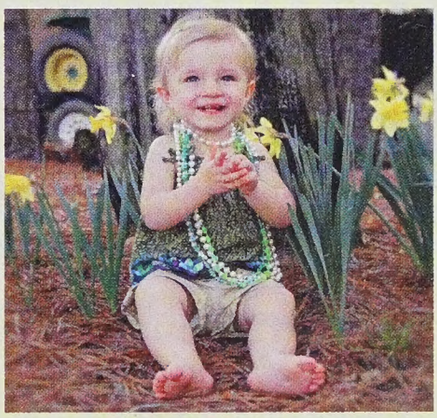
Sky over Denton

As a photography student at Randolph Community College in Asheboro, I jumped at the opportunity to photograph lightning when a storm rolled though Denton recently.

Lisa Hunter, Denton

Spring break in Carolina country

Ann MacKenzie, Gastonia, Rutherford EMC



Outdoor baby

This is our granddaughter, Amelia Lyn West, at 18 months old. Her parents are Dennis and Jamie West of Sanford. Amelia is an outdoor baby who loves to pick flowers.

Mike and Teresa Sheets, Sanford, Central EMC

Contact us

Website: www.carolinacountry.com
E-mail: editor@carolinacountry.com
Phone: (919) 875-3062
Fax: (919) 878-3970
Mail: 3400 Sumner Blvd.
Raleigh, NC 27616

facebook Find us on facebook at www.carolinacountry.com/facebook

Here I am with my children not long ago. From left they are my oldest son Robin Pasley, my only daughter Shawnee Sundquist, and my youngest Joseph Fielder. We lost their brother Tony to a construction accident in 1982, but he is ever with us in our hearts.

My Many Mother's Days

By Ellen Brooks

Having lived for 74 years, giving birth to four children, I have had a lot of mother's days. I can truthfully say that being a mother, grandmother and great-grandmother has been the most fun of anything that I have ever done.

When my children were little, they gave me handmade gifts, wildflowers, beautiful leaves and rocks. I still have the cards written in childish hands. One year, they bought me a small white Bible. To this day it is one of my greatest treasures.

After they grew up, finished college and started making real money, the gifts changed accordingly. They gave me flowers, money, food, clothes, jewelry, massages, manicures, trips and my house cleaned all year.

But I do not need the gifts and cards to assure me that I am a good mother. I tried very hard to be a good mother. I studied more experienced mothers. I read books about how to handle children. Dr. Spock was always at my finger tips. I gave being a mother my very best shot. I took them to Sunday School and church. I prayed daily. Now, I know that I am more than merely good. The proof is in the children themselves.

And I made more mistakes than I care to remember. I never tried to pretend that I always knew what I was doing. I told my children that I had done them a real favor by showing them imperfection at home. They didn't have a culture shock when they went out into the world and found that it was full of flawed people. They grew up knowing that we all make mistakes, we all use bad judgment on occasion, and we learn to deal with faults and failings in ourselves and in our fellow human beings.

I had my first child at 17. I was pregnant when I got married. Let me say, I would never recommend becoming a mother at 17. I know it was totally normal for my mother and her mother and on back. Girls got married very young. But it did not work for me; the marriage did not last. But my children were not the only good things to come out of that marriage. My mother-in-law and her sister and brother were wonderful to my children and me. They loved my children and me and helped me in all ways.

My parents were totally supportive, too. My younger brother was always there for us. With love and help from a number of people we made it.

Actually, we made it with flying colors. The children were loved, fed, housed and had a wonderful childhood. I've always looked at it as my children and I growing up together.

Bill Anderson wrote a beautiful country song titled "I'd Have Done a Lot of Things Different." I've thought about it a lot. I've said things that I regretted saying. I've talked when I should have been listening. And I could have been more charitable. I've been judgmental on occasion, gossiped from time to time, failed to mind my own business and fell short many times and many places.

But if I had my children to raise all over again, I would change very little. We laughed a lot at our house. Ours was never a typical household. We knew we had to depend on each other.

Whatever life threw at us, we did not have to deal with it alone. Help was always in our house and in our lives. We were first and foremost a family unit.

My children are all grown up now. I have grandchildren and great-grandchildren. My children have made wonderful parents. The younger generation is coming along just great.

For the mothers reading this, I hope you feel this way, too.

To my children, I have one more thing to say: This is not an invitation to have a "free ride" on Mother's Day. I want all of you to continue to be your generous, loving selves. I have grown accustomed to it these many years. And thank you for making me the most fortunate mother in the whole world.

Ellen Brooks lives in Glade Valley, Alleghany County, and is a member of Blue Ridge Electric.

Advertisement

Secrets For Easy Gardening

Plants Never Go Thirsty With This Plow & Hearth Planter

Watch your outdoor flowers and plants thrive with our combination trellis and self-watering planter!

We're always looking for ways to make gardening easier. Back in 2002, we discovered what has become one of our best-selling products. The idea was simple: combine a deep-soil planter and trellis. Make it mobile and self-watering. And let Mother Nature take care of the rest! Your plants will always get the water they need thanks to the built-in, easy-fill 2-gallon reservoir and water level indicator. Thirsty plants drink as much as they want, when they want…even when you're on vacation!

No More Heavy Lifting

Forget about lugging heavy plants into the sunlight. The entire unit rolls easily on heavy-duty casters to give your plants full-exposure to life-giving sun. Built in Germany using UV-resistant polyethylene (which means it won't fade or crack, even in direct sunlight), both the dark green and classic white Self-Watering Planter/Trellis are stylish, weatherproof and built to last.

Give Your Backyard A Low-Cost, High-Impact Makeover

Looking to give your outdoor spaces a visual boost without spending thousands on professional landscapers? Our Self-Watering Planter/Trellis is the perfect solution. It brilliantly combines the versatility of container gardening, the convenience of self-watering and beautiful design of an old-fashioned trellis for hundreds less than some retailers charge for one stone planter!

Just as the freedom of traditional container planting allows you express yourself through the year with a variety of annuals, perennials, herbs and arrangements, the easy-to-move design of the Planter/Trellis allow you to change your space to suit your seasonal mood. Used alone or in combination, the Self-Watering Planter/Trellis can transform your patio, porch, backyard or balcony into an oasis of flora. Covered with flowers or vines, it also makes a convenient privacy screen.

Plants always have the water they need with easy-fill reservoir & level indicator

"Easy to assemble, easy to plant, easy to move. Looks great while concealing my air conditioning unit. Clematis vines love it."
- Plow & Hearth Customer, Ohio

Satisfaction Guaranteed

Our goal is to make sure you're completely satisfied with every purchase. If, for any reason, you are not 100% satisfied with one of our products, please return it for exchange or refund.

Item #5578
Self-Watering Planter/Trellis

Only $99.95

Reg. $129.95 - Save $30*

Please specify Green or White when ordering.

Promotional Code **TRELLIS3**
Call one of our friendly, Madison-VA based advisors to order toll-free.

800-296-9062

Or visit us at plowhearth.com
Be sure to mention the promo code above.

Plow & Hearth®

*To receive your $30 discount on your order, you must enter TRELLIS3 in the Promotion Code box at checkout. Discount exclusive of applicable shipping charges and taxes. Items may vary and are subject to availability, delivery rules and times. Offers cannot be combined, are not available on all products and are subject to restrictions, limitations and blackout periods. Not valid on prior purchases. Offer valid through 6/30/12. Prices and charges are subject to change without notice. Void where prohibited. © 2012, Plow & Hearth

Delegates get energized at the national meeting of electric cooperatives

Some 8,000 delegates of the nation's electric cooperatives in March set policy, engaged in training and discussion sessions, and learned about new services and technology at the cooperatives' annual meeting in San Diego. The setting for the National Rural Electric Cooperative Association (NRECA) also hosted annual meetings of allied national organizations that serve financial, insurance, branding, technology and other electric cooperative interests.

In his remarks, NRECA CEO Glenn English issued a direct challenge to co-op leaders, calling on them to invigorate grassroots political activity among their 42 million members and seize opportunities to keep electricity prices at affordable levels. English said managers, directors and staffers must recommit themselves to build the political muscle that co-ops were known for in the early days of the rural electric program.

"There is nothing that you can do as a manager or a director that will have more impact on your members' electric bills than getting involved in this fight and building your political strength. Anything else is minor in comparison," he said.

English said the current congressional stalemate provides co-ops a chance to prepare for when Congress will start to move ahead with the public's business. "Only you can help bring economic common sense to the United States government," he said.

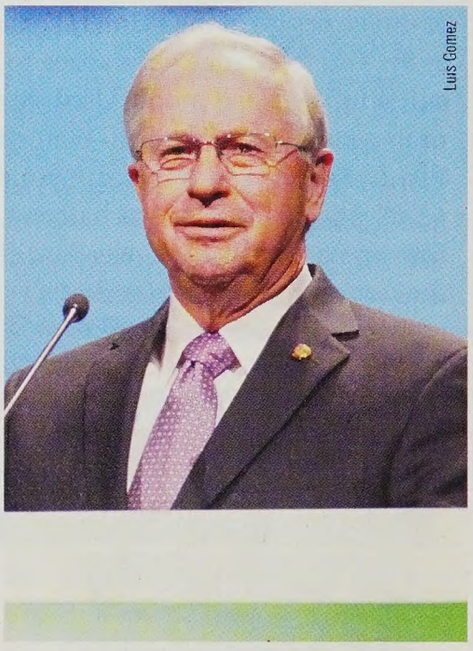
The meeting also saw a major revamping of the resolutions process that sets the policy agenda for NRECA each year. The new process streamlines and makes more comprehensible and effective the resolutions that originate at the local level and take shape in regional meetings prior to the annual meeting. Active in that revamping were North Carolina's NRECA board member Curtis Wynn of Roanoke Electric Cooperative and Dale Lambert of Randolph EMC.

"Our resolutions are the wheels that move the association forward," said NRECA board president Mike Guidry, general manager of South Louisiana Electric Cooperative Association. "They guide us on how to advocate on your behalf and how you can advocate on behalf of your members."

In other business, Randolph EMC board member Delbert Cranford was elected board president of the National Rural Utilities Cooperative Finance Corporation. Participating in national committee business were David Beam, NCEMC, Cooperative Research Council; Frederick A. Tedder, Brunswick EMC, Community and Economic Development; Allen Speller, Roanoke Electric Cooperative, Member and Public Relations; Mitchell Keel, Four County EMC, Power and Water Resources; and Jimmy Horton, EnergyUnited, Federated Rural Insurance Exchange board.

Michael Lynch

Nelle Hotchkiss, North Carolina Association of Electric Cooperatives senior vice president, told an audience at the Federated Rural Electric Insurance Exchange meeting about how the state's cooperatives energized communications strategies to help develop a culture of safety.


Luis Gomez

NRECA's CEO Glenn English told thousands of co-op delegates that "building your political strength" is the biggest thing they can do to impact electric bills in the future.

Sharra Read

Douglas Stephens IV of Cumberland County represented North Carolina on the Youth Leadership Council at the San Diego meeting. He was sponsored on the Rural Electric Youth Tour by South River EMC.

Discounted energy audits are available for small businesses

Rural small businesses whose annual energy costs exceed $10,000 can request an energy efficiency assessment by Waste Reduction Partners at a reduced cost. Energy assessment can identify cost effective energy-saving measures that a business can implement.

An experienced energy engineer from Waste Reduction Partners (WRP) will conduct the energy audit. Waste Reduction Partners is a team of 60 staff and volunteer retired engineers who have provided over 1,700 energy and waste reduction assessments across North Carolina. WRP received funding support from the U.S. Department of Agriculture to perform energy efficiency assessments at qualifying rural small businesses in North Carolina

The cost share for the audit is $325. The USDA Energy Audit Program requires that the businesses pay for 25 percent of the total audit cost, valued at $1,300. WRP engineers typically identify no- and low-cost energy efficiency measures that can save 10 to 20 percent of a business's total energy bill.

Who is eligible?

Rural small businesses, as defined by the Small Business Administration, are eligible for a subsidized energy assessment. The Small Business Association website (www.sba.gov) tells how to determine what defines a small business. Rural is defined as communities less than 50,000 in population. A business's total energy costs must be greater the $10,000 per year to qualify for this audit program.

For application information, contact Russ Jordan at Russjordan.wrp@windstream.net This e-mail address is being protected from spambots. You need JavaScript enabled to view it or call (828) 251-7477 (Monday and Wednesday) or (828) 863-2917 (Tuesday, Thursday, Friday).

It's voting time

May 8 has not arrived but many North Carolinians from Murphy to Manteo have already cast their votes in the primary election.

Primary elections are held prior to the Nov. 6 general election to whittle down the list of candidates running for each office to one candidate for each party. Early voting has already begun in all 100 North Carolina counties and will end Saturday, May 5, just days before the official primary election voting day on Tuesday, May 8.

During the early voting period, voters may cast their ballot at designated early voting sites in the county where they are registered. For a complete list of early voting sites in your county with hours of operation, visit www.ncsbe.gov.

North Carolinians have several choices to make in this primary. They will choose their nominee for governor, Council of State, members of Congress, and state legislators in their respective party. Unaffiliated voters have the option to choose in which party's primary they wish to participate.

For more information, contact your county Board of Elections.

"Cooperatives are a reminder to the international community that it is possible to pursue both economic viability and social responsibility."

Secretary-General Ban Ki Moon in presenting 2012 as the United Nations International Year of Cooperatives

Volunteers plan to help Irene victims in Pamlico County

Eight Days of Hope, a nonprofit charitable organization based in Mississippi and dedicated to helping people rebuild their homes and lives in the wake of a natural disaster, expects to send volunteers to Pamlico County May 26-June 2. The group will help victims of Hurricane Irene, which devastated the region last August. Eight Days president Stephen Tybor III said, "The thousands of people who are still living in despair after this terrible storm do not make the nightly news. Eight Days of Hope's goal is to bring hope to those who are still waiting and to help them rebuild their homes."

Since 2005, the Christian, faith-based organization has sent more than 9,500 volunteers to help rebuild or remodel 1,127 homes in Mississippi, Louisiana, Tennessee, Iowa and Alabama on eight different relief trips.

"We rely on the generosity of individuals and organizations to help support the efforts of our volunteers," Tybor said. "We provide assistance to the uninsured and the underinsured and appreciate those who lay the financial foundation for this work."

To date, more than $12 million of work has been completed by Eight Days of Hope. Tybor expects 1,500 volunteers will travel to North Carolina, mostly electricians, carpenters, licensed contractors and tradesmen.

For more information, visit the web site www.eightdaysofhope.com.

Try This!

Cleaning A/C coils boosts efficiency

By Jim Dulley

As the weather gets warmer and warmer, it is wise to make sure your existing central air conditioner is running as efficiently as possible to reduce your electric bills.

There are some things you can do yourself to keep your central air conditioner running as efficiently as possible. It should be noted, though, that doing some things yourself does not preclude having regular professional service calls. Technicians have special equipment and pressure gauges to check the internal components of the system, which is impossible for a homeowner to do on his or her own. Regular service calls can also extend the life of a central air conditioner.

In addition to regular maintenance by a professional, keeping your air-conditioning unit free of debris and dirt can help it run efficiently.

In doing any cleaning tasks yourself, it helps to have an understanding of how an air conditioner works. It operates on a delicate balance of air flow rates over the indoor and outdoor coils and proper pressures of the refrigerant. The compressor compresses the refrigerant to make it very hot. This hot liquid is hotter than the outdoor air, so it loses heat to the outdoor air through the condenser coils.

The cooler refrigerant then goes through an evaporator, which makes it very cold. This is similar to how your skin cools off when perspiration evaporates. This cold refrigerant flows through the indoor coil. The blower moves indoor air over these cold coils, which cools your house air. At the same time, water condenses on the cold coils so the indoor air is both cooled and dehumidified.

As you can see, getting adequate air flow through the outdoor condenser coils is important for efficiency so the refrigerant will be colder when it gets indoors. It can really help efficiency to make sure weeds and shrubs have not grown too close to the outdoor unit to impede air flow. Also, don't rest rakes or other items against it, which may block air flow.

First, switch off the circuit breaker to the unit. Then remove the outdoor cabinet. Clean out any debris that has accumulated inside it, which may block the coils. You don't have to make it spotless, though. If fins have been bent over in spots, try to straighten them out enough so more air gets through.

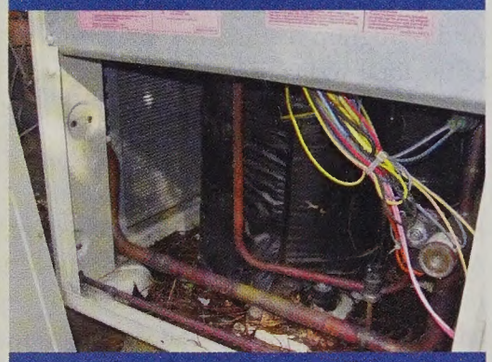
It is important that all the screws holding the cabinet sections together are tight when you reinstall the cabinet. Even if it is clean and you do not remove the cabinet, check all the screws. If they are loose, leaks will draw air in gaps instead of through the coils as designed.

Just as the proper amount of air flow is important through the outdoor coils, it is also important through the indoor coils. With the circuit breaker still switched off, remove the side cover on the indoor unit to expose the evaporator coils and the blower. When you reinstall the cover, make sure to tighten the screws.

Quite a bit of dirt can accumulate on the indoor coils, blocking air flow and insulating them from the air. This is because the coils get damp when the air conditioner is running and dirt sticks to it. Wipe the coils and then use the brush attachment on your vacuum cleaner to clean them and the blower as well as possible.

Even though everyone has heard to change the blower filter regularly, most people don't do it. At the beginning of the cooling season, change the filter whether you think it is dirty or not. A dirty filter increases air flow resistance, which reduces efficiency. Check the joints in the ducts for any air leaks. Seal them with aluminum tape or black Gorilla duct tape.

Remove garden tools and other items from around your central air conditioner condenser unit so that air flow is not restricted.



After the electric power is switched off to the unit, remove a side cover and clean out debris.

James Dulley is an engineer and syndicated columnist for the National Rural Electric Cooperative Association. Send inquiries to James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, OH 45244 or visit www.dulley.com.

Can you help others save energy?
Send your conservation ideas or questions to us: P.O. Box 27306, Raleigh, NC 27611, or E-mail: editor@carolinacountry.com

Imagine Feeling Younger

and filled with energy...

gravity defyer
ADVANCED FOOTWEAR

IT COMFORT IMPROVE POSTURE APPEAR TALLER ABSORB SHOCK PROPEL FORWARD INSTA

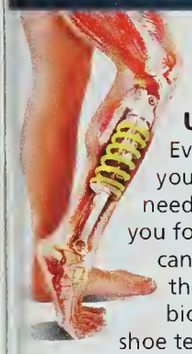
SCIENTIFICALLY ENGINEERED TO DEFY GRAVITY

ABSORBS SHOCK
For ultimate comfort

REBOUND PROPELS YOU FORWARD
Maximize energy return

VersoShock reverse trampoline technology

Now You Can Stop Imagining



So Effective They Are Banned from Competition!

VersoShock™ Technology Declared An Unfair Advantage

Every scientific breakthrough meets opposition, but if you want to elevate your game to the next level, you need Gravity Defyer shoes. They absorb shock and propel you forward making them illegal for competition, but you can get yours today! Be among the first to feel the drive, the inspiration, the exhilaration of owning the first biomechanical footwear—the most advanced comfort shoe technology in the world! You will be transformed from a weekend warrior to the daily champion at your gym and on the street.

Advanced Footwear Technology

Designed by **Impact Research Technologies**, the VersoShock™ Reverse Trampoline Sole is exclusive to Gravity Defyer shoes. It's the special combination of space age polymers and lightweight, durable "Smart Springs" that form the foundation of the first biomechanical shoe. Within your first 10 days it will adjust to your activities—improving your overall comfort by taking the "hard" out of standing on hard surfaces like concrete and tile. You'll feel like you are walking on clouds.

Ultimate Comfort Can Be Yours!

Every decision in their design and execution has been focused on comfort—from their wide toe boxes and lush padded insoles to their internal cooling system. That's right, a cooling system! With every step, fresh air is exchanged for the old hot air inside your shoes and expelled through a water-tight one-way valve. *Now you can deodorize your footwear and reduce microbial growth effortlessly.*

Don't wait. Get yours today and experience a breakthrough in your athletic lifestyle. Be in action. Be unstoppable.

"I recommend Gravity Defyer shoes to my patients and friends. They are such high quality shoes. I even wear them myself!"

Dr. Arnold Ross, DPM.
Private Practice, West Los Angeles, CA
National Lecturer and Board Certified in Podiatric Biomechanics

The Ultimate Comfort Footwear

- Absorb shock in every step
- Improve energy return
- Have instant comfort
- Appear taller
- Improve Posture
- Cool your feet and reduce foot odor
- Removable insole to accommodate most orthotics

SATISFACTION GUARANTEED

You have 30 days to try them and nothing to lose.

71% Most Comfortable Ever Worn

84% Would Recommend them for a friend

82% Would Buy Another Pair

2009 Gravity Defyer Customer Survey Results

$129.95

MEN (Shown above)
TB902MWBS
sizes 7 - 14
Med/Wide

WOMEN (White/Silver)
TB902FWBS
sizes 5 - 11
Med/Wide

EXCLUSIVE LIMITED OFFER *Don't miss out!*

BBB A+

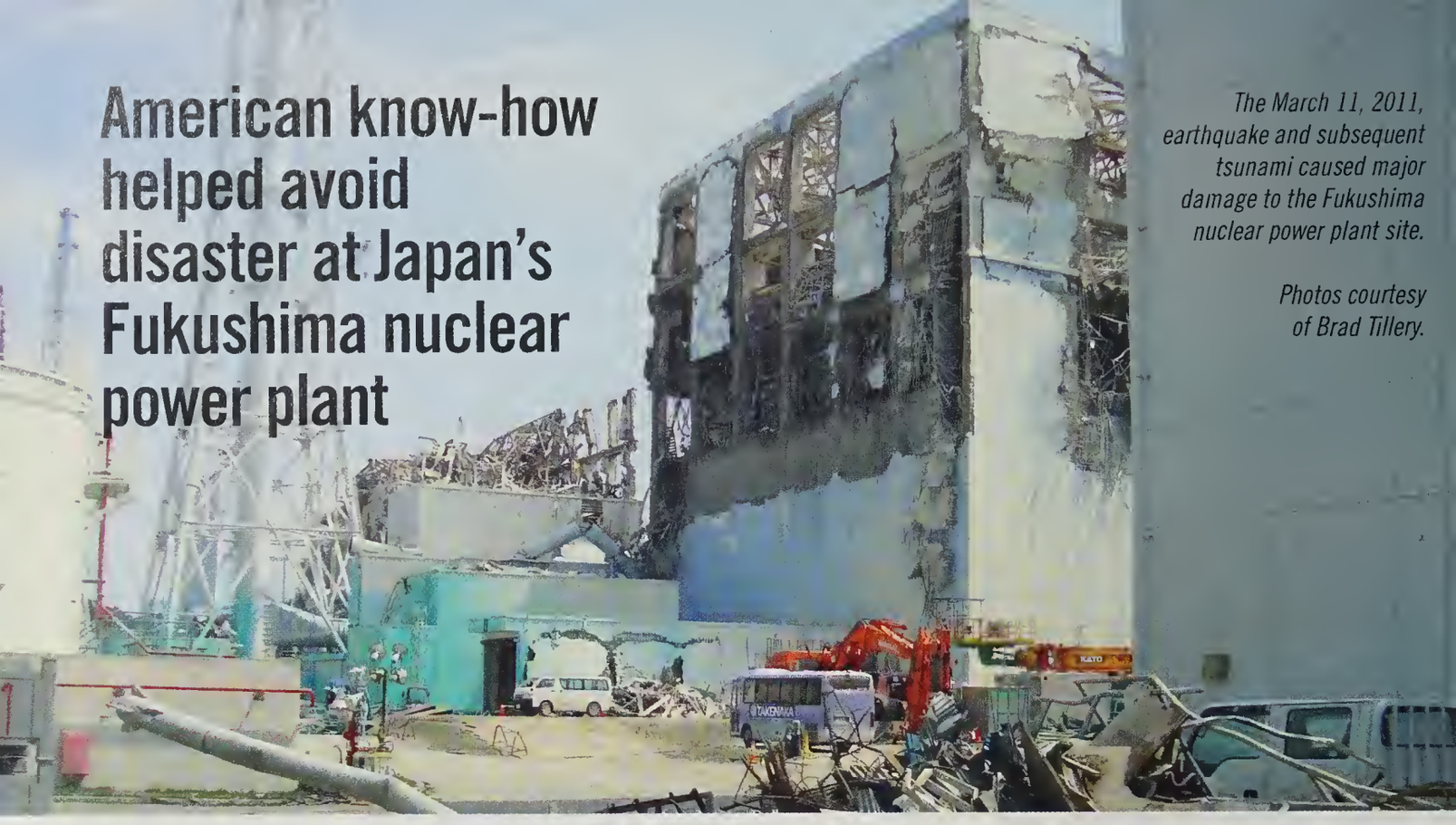
TRY THEM FREE* - PAY IN 30 DAYS

Take advantage of this exclusive offer at **www.GravityDefyer.com/MW7EDH3** or call **(800) 429-0039** and mention the promotional code below.

Promotional Code: MW7EDH3

*Offer not available in stores. Shipping & Handling not included.

American know-how helped avoid disaster at Japan's Fukushima nuclear power plant

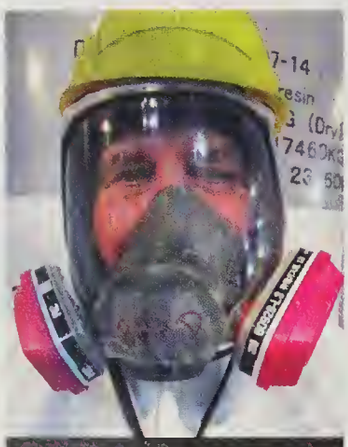


The March 11, 2011, earthquake and subsequent tsunami caused major damage to the Fukushima nuclear power plant site.

Photos courtesy of Brad Tillery.

Under extreme conditions, a North Carolina engineer and his team set up a system for treating highly radioactive water after the 2011 earthquake and tsunami

By Daniel M. Walker



Brad Tillery suited up for duty.

On March 11, 2011, the world watched in horror and disbelief as an 8.9 magnitude earthquake and ensuing tsunami crushed the northeast coastal region of Japan. The tsunami and its wall of water almost 50 feet high was the largest in the recorded history of Japan.

The Fukushima nuclear plant, located the coast, had already been damaged by the earthquake and would take a direct hit from the tsunami. The plant's pipes, which carry coolant and regulate the heat of the reactors, are the veins and arteries of a nuclear power plant—like blood flowing to and from the human heart. If these pipes burst and pumps cannot get power, then the coolants are unable to reach vital components, causing a heart attack, or in nuclear terms, a meltdown. The unfolding saga at Fukushima would focus the attention of the world to a chain reaction of events that threatened significant environmental destruction.

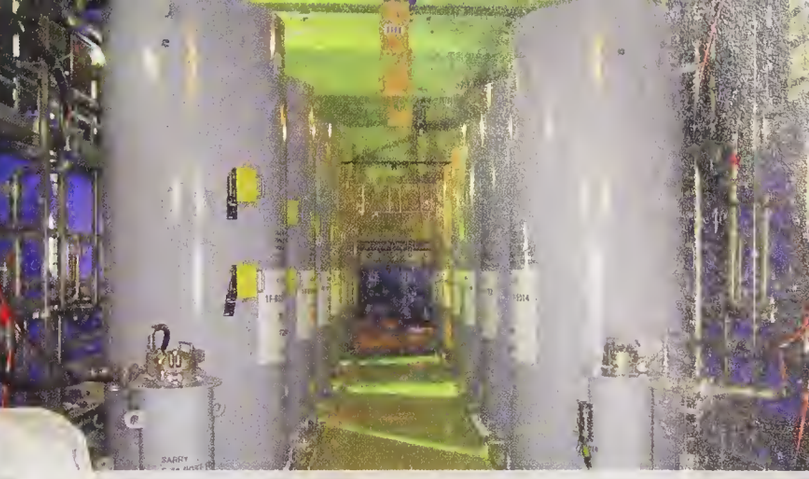
As with many world events, their tentacles often reach into our own backyards and affect our own lives and those of our neighbors. This would be the case for Brad Tillery, a Brunswick EMC member who lives near Leland. Brad was a member of a small team of engineers who travelled to Japan to work onsite to deliver solutions to this pending environmental crisis.

Averting an environmental disaster

Three of six Fukushima nuclear reactors were generating electricity when the earthquake first hit Japan. As is standard practice, the reactors immediately started to shutdown and the cooling process was initiated. For the first hour, emergency diesel generators provided power to deliver the necessary water to control reactor cool-down. However, when the wall of water hit the power plant it flooded the diesel generators, causing them to fail. When the diesel generators failed, the unit switched to batteries for reactor cooling. This system was designed to last eight hours, which it did. Once the batteries were exhausted, temperature in the reactors was reported to reach over 1,200 degrees F., and officials started talking about the possibility of core meltdowns. At this point, a decision was made to start pumping seawater over the reactors. While the raw seawater helped to control the core heating issues, it would result in millions of gallons of contaminated water and no viable place to store it. Fukushima officials knew that without a quick solution to clean the contaminated water, they would have no choice but to release it back into the ocean, creating an environmental disaster.

"This is where we came into the picture," Brad explained. "I work for a very smart guy, Tracy Barker, who is known around the world for his expertise in nuclear water chemistry." (Brad and Tracy work for AVANTech, which is an engineering and manufacturing company headquartered in Columbia, S.C., offering comprehensive water solutions for industrial and nuclear power applications.) "Tracy knew that we had what it took to design and build a system to solve the Fukushima problem."

Brad Tillery is at the keyboard as the team monitors operation of the recovery process.



In a matter of weeks, the American team designed, built, tested and installed recovery vessels to treat contaminated water.

Just two days after being contacted, Jim Braun, AVANTech's president, and Tracy Barker, vice president, presented a plan to Tokyo Electric Power Company, the operators of Fukushima. By May 1, AVANTech had a mandate to design, fabricate, test and deliver a system to remove highly radioactive cesium from the millions of gallons of contaminated water at the crippled Fukushima nuclear plant. AVANTech, under contract with Shaw Global Services and in conjunction with Toshiba, supplier of two of the reactors, would also provide the personnel to support mobilization, installation and start-up assistance.

"Given the extremely critical nature of the assignment there was no room for either delay or failure," Brad said. "Everyone at AVANTech was totally committed to take whatever steps were necessary to provide a workable system on an extremely expedited schedule."

Under normal circumstances, AVANTech would design such a system over seven to eight months. "However," Brad said, "the impending crisis in Japan required us to design, build, test and install the recovery vessels in just a matter of weeks."

By July 4, Brad's team had the fabricated system, which is referred to as the Simplified Active Water Retrieval and Recovery System (SARRY), ready to load on a Boeing 747 waiting at Atlanta Hartsfield Airport with a one-way ticket to Japan.

As the control and software engineer in the small team of highly skilled engineers, Brad would spend the next nine weeks in Japan working at the crippled Fukushima nuclear plant installing and starting up the system.

Prepared for the unknown

A native of Wilmington who earned his electrical engineering degree from N.C. State University, Brad spent his career in the industrial control and software area. "It was like all my training and skills were now focused on this one project, and I was ready!"

When going into a situation like this, Brad explained, "you really have no way to anticipate what challenges you will have to face and deal with as I had learned from a recent assignment in Pakistan. One of the first things that created some concern was the continued presence of after-shocks and earth tremors, especially since we were staying in a seven-story hotel. The higher up you were in the hotel, the greater the ride!"

Another routine event that required some getting used to was all the protective clothing they wore in the radioactive environment. "What made the work effort extremely uncomfortable," Brad said, "was the temperature and humidity that built up inside the protective suits. I would dread when they taped the mask in place, because after that time it was impossible to even scratch your nose as the sweat rolled down your face."

Brad and the AVANTech team stayed in a hotel about an hour and half away from Fukushima, requiring them to board a bus about 5 a.m. each day. The workdays were as long as 36 hours on several occasions and often stressful. "Our nightly relief and entertainment was finding a place to have dinner," Brad remembered. "Since very few of the residents spoke English, we tried to select restaurants that had pictures on their menus so we could try to understand our options. On one occasion, we thought beef would be a safe bet. When the waitress came to take our order, we made sounds like a cow and rubbed our stomachs. As it turned out, we were served cow stomach, so I think something was lost in translation."

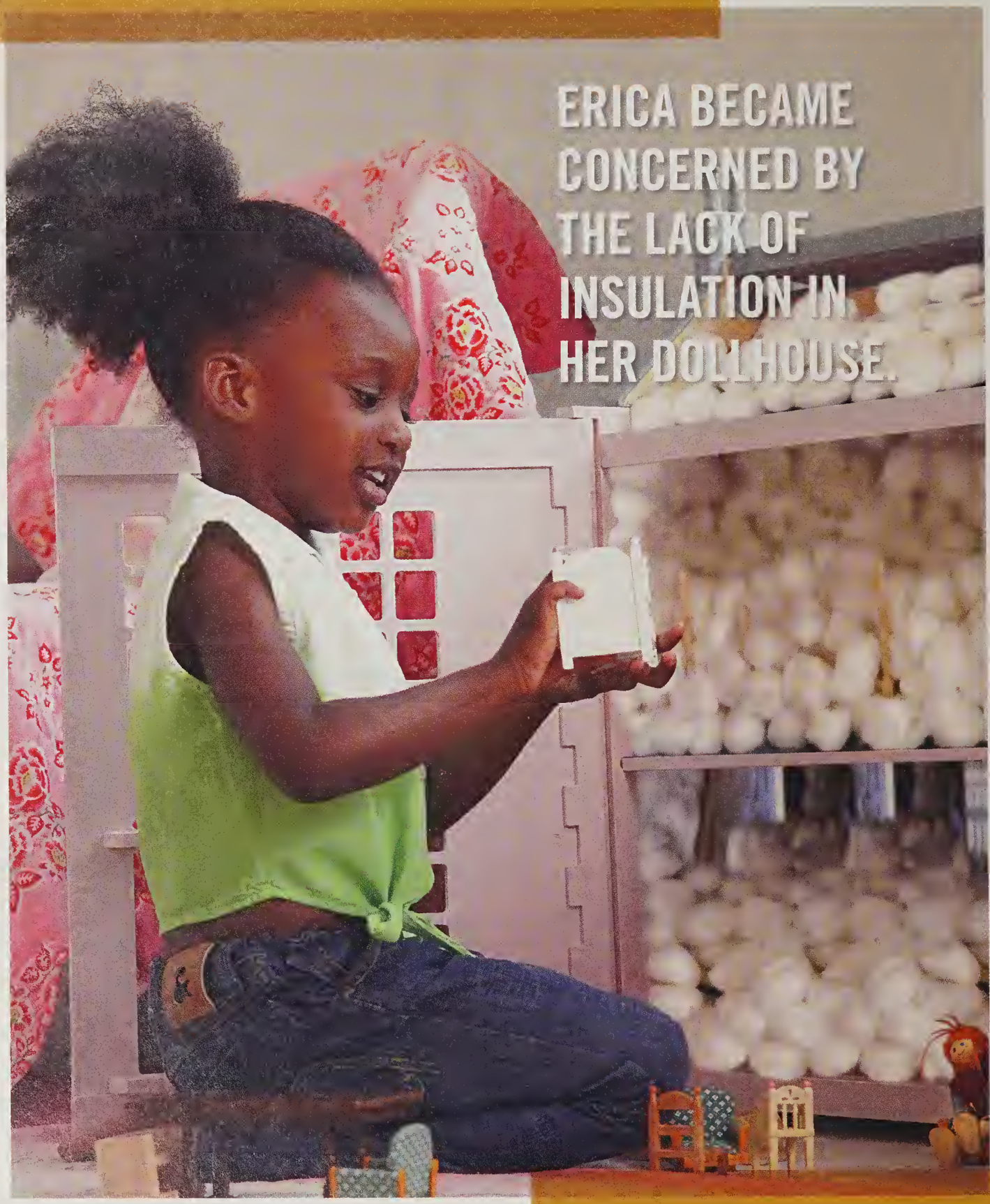
Brad remains very positive about the future of nuclear energy. "The nuclear industry has changed so much since 1986 and the Chernobyl accident in Russia. The technology is more advanced and there are more resources available to address problems if they occur. In addition, the world is more transparent today than at the time of Chernobyl. The Russians would never have reached out to the world to help manage their problem like the Japanese did. You also have to keep in mind that the back-up systems at Fukushima did work as designed. What was not anticipated was the catastrophic nature and sheer size of the tsunami that hit Fukushima."

Even with this momentous event, there were experts available like AVANTech, who could mobilize quickly to bring a successful solution to the table. While the Fukushima plant is not expected to re-open, the AVANTech SARRY system is still in place today. Since the August 2011 start-up, the system has treated over 17 million gallons of highly contaminated water and averted an environmental disaster due in part to skilled individuals such as Brad Tillery.

Daniel M. Walker retired as vice president of accounting and finance with Old Dominion Electric Cooperative. He is a member of Brunswick EMC.

See more photos on our website:
www.carolinacountry.com

She saw her dad blow insulation into the attic to make the house more energy-efficient. Then, she got an idea. Find out how energy efficiency at home means a better world for everyone at TogetherWeSave.com.



North Carolina's Electric Cooperatives

Your Touchstone Energy® Cooperatives

TOGETHERWESAVE.COM

Therapeutic Cozy Toes

Provides Instant Relief For Painful Feet!

soft therapeutic action works instantly!

GOOD FOR:

- Bunions
- Hammer Toes
- Toe Cramps
- Ball of Foot Pain
- Plantar Fasciitis

SAVE 50%

off catalog price

ONLY $9.97

FREE Shipping & Handling when buying 2 or more

FREE SURPRISE GIFT with every order

1-800-530-2689 **www.DreamProductsCatalog.com**

SO SOFT AND COMFY YOU'LL FORGET YOU HAVE THEM ON!

The ultra plush fabric hugs your feet while soothing and comforting painful foot problems. Specially designed separators perfectly align your toes to help rejuvenate your feet and relieve common painful foot ailments. Wear them while relaxing, watching T.V. or sleeping. Start your day refreshed and pain free. Machine washable import made of acrylic, polyester & elastane. Order today and SAVE $10 off original catalog price and get FREE Shipping & Handling when buying 2 or more pair!

Satisfaction Guaranteed or Return For Your Money Back

THERAPEUTIC COZY TOES	
(98021) Therapeutic Cozy Toes(s) @ $9.97 (Fits Shoe Size 5 – 9)	$
(98022) Therapeutic Cozy Toes(s) @ $9.97 (Fits Shoe Size 10–12)	$
CA residents must add 7.25% sales tax	$
Regular Shipping & Handling Add $4.95 1st item, **FREE S & H** when buying 2 or more pair	$
✓ **FOR EXPEDITED SHIPPING** *(optional)* **Add An Additional $2.95** (receive your order 5-7 days from shipment)	$ 2.95
S & H = Shipping & Handling — **TOTAL**	$

❑ VISA ❑ MasterCard ❑ Discover®/NOVUS℠ Cards

Dept. 65453

Card# Expiration Date ___/___

Name

Address

City ST Zip

Daytime Phone #

Email Address

Check or money order **payable** to: **Dream Products, Inc.**

Send Order To: 412 Dream Lane, Van Nuys, CA 91496

Cowboy needed

Since we moved here, my husband has re-done the sheds to look like an old western town. All we need now is a life-sized cowboy statue.

Lynn Amann

Amazing Sheds

Readers really responded to our shed contest. We received more than 350 photos. Selecting the winners from so many imaginative, creative designs was a challenge, and our contest judges truly appreciated the many shapes, sizes, functions and styles of the sheds submitted—ranging from pretty playhouses and snug potting sheds to rustic retreats and functional craft studios. Here are the winners and their stories, and thanks to all who entered.

Perfect

My husband, Jeff, built me this potting shed for my birthday four years ago. It is perfect. It holds everything I need for gardening and has a sitting area and potting bench.

Angela Barbee, Oakboro, Union Power Cooperative

Our old playhouse

This is my playhouse-turned-potting shed that my dad built in Blowing Rock for my sister and me in 1963. [See more pictures of it at www.carolinacountry.com]

Cathy Jones, Greenville, S.C.

A classroom

I came up with this idea for my grandkids' playhouse. There is a two-sided sign which they can display on the door which states either "No Girls" or "No Boys." We had a party where each parent and child painted their wall section in order to teach the colors to the kids. My wife will stencil alphabets, numbers, animals, vehicles, etc. on each wall, then the oldest grandchild will hold classes for the younger ones.

Dwight A. Dickinson, Murphy, Blue Ridge Mountain EMC

The steeple shed

My potting shed was originally the steeple from Perkinsville Baptist Church in Boone. I think it was put on the church in the 1950s.

Sandy Hicks, Todd, Blue Ridge Electric

Playset reset

The shed started its life in 1993 as a kids' playset. After our children aged out of using it, we wanted to put it to a new use. In 2004, after adding a roof, windows, siding, doors and a brick patio, it became a tool shed. The windows were from the local Habitat Restore, as is the pulley wheel above the lean-to roof. The door handles are made from mason floats.

Elizabeth Repetti and Walter Pitt, Winston-Salem, Surry-Yadkin EMC

A classic

The oak boards of this shed came from a barn built in the 1940s by the Newlin family, known for barn building in Orange and Chatham counties. This large milking barn, however, was in Alamance County and consisted of 69 large creosote posts and numerous oak boards. This 16-by-16 hand-built shed, near Carrboro, has oak beams and cypress lap siding. Completing the vintage look are a 1950 Ford F-1 pickup truck and a 1943 Farmall tractor. [For more, go to www.carolinacountry.com]

Angela Robertson

My getaway

My amazing shed is my getaway and where I do my woodwork. My grandparents lived here. My dad used it for years to repair pianos. I like decorating it with the antiques I find around the property and unusual wood pieces.

Angie Gregg, Blowing Rock, Blue Ridge Electric

Outhouse revival

I purchased my 1890s log cabin in Lansing in 2005. Believe it or not, the previous owner's hobby was collecting authentic outhouses from old homestead sites. This outhouse remained with my cabin, and I just love it! We touched up the paint and cut out the half moon and have been using it to store our garden tools ever since. Jennifer Lummis took the photo.

Gigi Guyton, Gray, Maine, Blue Ridge Electric

Wired

Our shed was a family project. My wife, Sally, and I dug and set the block foundation, our son Grady built the floor, our son Josh built the roof, and I built and set the walls. The 10-by-12 shed has 2-inch tongue-and-groove flooring, cedar shake siding, a Galvalume metal roof with acrylic light panels and cedar trim. The lean-to covers the potting table. Under the lean-to is one of two rain barrels, including a Kentucky whiskey barrel converted. All lighting is solar, and it is wired, with a 12-volt marine battery as power storage using an inverter.

David Fussell, Statesville, EnergyUnited

Reclaimed

This tool shed was constructed of reclaimed lumber from an old barn. It serves double duty as a playhouse for our younger son, Hudson, and his cat Fantasia. [See more pictures at www.carolinacountry.com]

Greg and Angela Hayes, Angier, Central EMC

Octagon

My husband built this for me out of boredom. We have a small island of land behind our house, and he managed to squeeze it in the middle of a circular drive. It has two decks, is an octagon shape, has a cupola on the top and was built entirely of recycled materials.

Jan and Fred Sallah, Banner Elk

Survivor

This shed is at our log cabin vacation home near West Jefferson. It originally was built onto a flatbed trailer used as a sales office for a log cabin community. I bought it, and a couple of strangers offered to pull it to our place. As we tried removing it from the trailer bed, it fell over sideways. I eventually found the right person who had a soft touch with a front-end loader. The shed stayed intact, including windows, chinking and even light bulbs. [For more go to www.carolinacountry.com]

Ralph Dearborn, Raleigh, Blue Ridge Electric

Back home

In 1990, my husband and my 2-year-old son built a playhouse. They used donated and recycled materials as much as possible. There is a window on each side and a barn double door on the front. Along came another son, so this was enjoyed as a playhouse for many years. In 2002, we gave it to a friend's daughter down the street. Unbeknownst to me, my boys were very upset because that little house held a lot of memories for them. Three years later our neighbors were moving and wanted to know if we wanted the playhouse back. Well, we did, and so once again we loaded this all-wood building on a trailer and moved it back to our yard. My youngest was in middle school and needed an agricultural science project. His design included a rock wall, plants and bushes to landscape this little house. Now we have a great gardening shed.

Susie Fishel, Lexington, EnergyUnited

Fresh air

My husband moved this old shed from my parents' property. He put on a shingled roof, and I had purchased a stained-glass door at a yard sale. We cut an opening in the end of the shed and mounted the door on the inside with just the glass portion showing, then put an antique door frame around it. We used old windows to create an area for breezes. They are hung on hinges so they can be propped open with a stick. I use the inside to store garden and pond supplies. The backside is used for potting, hanging plants and bird houses.

Saundra Springer, Youngsville

Tiki bar

Our shed started as a building from Stateline Builders. One end of the building was open, with a door to the enclosed section and a garage door on the back. We converted the open end into a tiki bar and hangout for the pool. We turned part of the enclosed section into a mud room and bathroom. We added fencing that connects the shed to the house, creating privacy for the deck and pool. Palm trees, lava rock, decor and a mural complement the overall tiki theme.

Lawton and Naomi Ellis, Elizabeth City, Albemarle EMC

Garden grandeur

The lumber for this shed came from an old barn in Franklin that was being torn down. It was over 100 years old and we could not see it destroyed, so we salvaged the wood to build this potting shed that we enjoy relaxing in during the summer as we work in our vegetable garden nearby.

Joan Gillis, Waynesville, Haywood EMC

See more photos of your sheds at www.carolinacountry.com

HARBOR FREIGHT TOOLS

Quality Tools at Ridiculously Low Prices

LIFETIME WARRANTY ON ALL HAND TOOLS!

FACTORY DIRECT TO YOU!

How does Harbor Freight Tools sell high quality tools at such ridiculously low prices? We buy direct from the factories who also supply the major brands and sell direct to you. It's just that simple! See for yourself at one of our 380 Stores Nationwide and use this 20% Off Coupon on one of our 7,000 products*, plus pick up a Free 9 LED Aluminum Flashlight, a $6.99 value. We stock Shop Equipment, Hand Tools, Tarps, Compressors, Air & Power Tools, Woodworking Tools, Welders, Tool Boxes, Generators, and much more.

- Over 20 Million Satisfied Customers!
- 1 Year Competitor's Low Price Guarantee
- No Hassle Return Policy!
- 100% Satisfaction Guaranteed!

Nobody Beats Our Quality, Service and Price!

SUPER COUPON!

FREE!

WITH MINIMUM PURCHASE OF $9.99

3-1/2" SUPER BRIGHT NINE LED ALUMINUM FLASHLIGHT

Item 65020 shown

ITEM 65020/69052/69111

REG. PRICE $6.99

HARBOR FREIGHT TOOLS - LIMIT 1 Free item only available with qualifying minimum purchase (excluding price of free gift item). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases. Offer good while supplies last. Shipping & Handling charges may apply if free item not picked up in-store. Coupon cannot be bought, sold or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the offer. Valid through 8/30/12. Limit one coupon per customer and one coupon per day.

34293049

SUPER COUPON!

20% OFF

ANY SINGLE ITEM!

HARBOR FREIGHT TOOLS - LIMIT 1 Use this coupon to save 20% on any one single item purchased when you shop at a Harbor Freight Tools store. *Cannot be used with any other discount or coupon. Coupon not valid on any of the following: gift cards, Inside Track Club membership, extended service plans, Compressors, Generators, Tool Cabinets, Tool Carts, Welders, Floor Jacks, Campbell Hausfeld products, open box items, Parking Lot Sale items, Blowout Sale items, Day After Thanksgiving Sale items, Tent Sale items, 800 number orders or online orders. Coupon not valid on prior purchases after 30 days from original purchase date with original receipt. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store in order to receive the offer. Valid through 8/30/12. Limit one coupon per customer and one coupon per day

27959419

SUPER COUPON!

PITTSBURGH

12" RATCHET BAR CLAMP/SPREADER

LOT NO. 46807/ 68975/69221

Item 46807 shown

SAVE 63%

$1.99

REG. PRICE $5.49

HARBOR FREIGHT TOOLS - LIMIT 9 This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 8/30/12. Limit one coupon per customer and one coupon per day.

24110158

SUPER COUPON!

NFT

5 FT. 6" x 7 FT. 6" ALL PURPOSE WEATHER RESISTANT TARP

LOT NO. 953/69136/69248

Item 953 shown

SAVE 37%

$2.49

REG. PRICE $3.99

HARBOR FREIGHT TOOLS - LIMIT 8 This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 8/30/12. Limit one coupon per customer and one coupon per day.

84404456

SUPER COUPON!

29 PIECE TITANIUM NITRIDE COATED DRILL BIT SET

LOT NO. 5889

drill master

SAVE 60%

$9.99

REG. PRICE $24.99

HARBOR FREIGHT TOOLS - LIMIT 6 This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 8/30/12. Limit one coupon per customer and one coupon per day.

20206929

SUPER COUPON!

CENTECH.

AUTOMATIC BATTERY FLOAT CHARGER

LOT NO. 42292/69594

SAVE 57%

Item 42292 shown

$5.49

REG. PRICE $12.99

HARBOR FREIGHT TOOLS - LIMIT 8 This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 8/30/12. Limit one coupon per customer and one coupon per day.

38062177

SUPER COUPON!

HaulMaster

MOVER'S DOLLY

LOT NO. 93888

SAVE 46%

1000 LB. CAPACITY

$7.99

REG. PRICE $14.99

HARBOR FREIGHT TOOLS - LIMIT 7 This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 8/30/12. Limit one coupon per customer and one coupon per day.

14588592

SUPER COUPON!

LOT NO. 93068

WIRELESS DRIVEWAY ALERT SYSTEM

Bunker Hill Security

SAVE 53%

Requires one 9 volt and three C batteries (sold separately).

$13.99

REG. PRICE $29.99

HARBOR FREIGHT TOOLS - LIMIT 4 This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 8/30/12. Limit one coupon per customer and one coupon per day.

53035713

SUPER COUPON!

PITTSBURGH AUTOMOTIVE

WEIGHS 74 LBS.

RAPID PUMP® 3 TON HEAVY DUTY FLOOR JACK

SAVE $70

Item 68048 shown

$69.99

REG. PRICE $139.99

LOT NO. 68048/69227

HARBOR FREIGHT TOOLS - LIMIT 5 This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 8/30/12. Limit one coupon per customer and one coupon per day.

45944798

SUPER COUPON!

18 VOLT CORDLESS 3/8" DRILL/DRIVER AND FLASHLIGHT KIT

drill master

LOT NO. 68287

Includes one 18V NiCd battery and charger.

SAVE 50%

$19.99

REG. PRICE $39.99

HARBOR FREIGHT TOOLS - LIMIT 4 This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 8/30/12. Limit one coupon per customer and one coupon per day.

67318679

SUPER COUPON!

CENTRALPNEUMATIC

3 GALLON, 100 PSI OILLESS PANCAKE AIR COMPRESSOR

LOT NO. 95275

SAVE 50%

$39.99

REG. PRICE $79.99

HARBOR FREIGHT TOOLS - LIMIT 5 This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 8/30/12. Limit one coupon per customer and one coupon per day.

15690657

SUPER COUPON!

US★GENERAL

30", 11 DRAWER ROLLER CABINET

INCLUDES:

- 6 Drawer Top Chest
- 2 Drawer Middle Section
- 3 Drawer Roller Cabinet

SAVE $150

$149.99

REG. PRICE $299.99

LOT NO. 67421

HARBOR FREIGHT TOOLS - LIMIT 3 This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 8/30/12. Limit one coupon per customer and one coupon per day.

29391507

SUPER COUPON!

SAVE $50

BADLAND WINCHES

2000 LB. ELECTRIC WINCH WITH REMOTE CONTROL AND AUTOMATIC BRAKE

$49.99

REG. PRICE $99.99

LOT NO. 68146

HARBOR FREIGHT TOOLS - LIMIT 5 This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 8/30/12. Limit one coupon per customer and one coupon per day.

88775500

380 Stores Nationwide

Order Online at HarborFreight.com and We'll Ship Your Order FedEx.

Window film

A cost-effective way to save energy

By Darrell Smith

Thinking about replacing your old windows to more energy-efficient ones, but lack the money to replace them? One simple, yet cost-effective energy solution is to have window film installed. Window film will help regulate the temperatures within the home, minimize your cooling costs and make the environment more comfortable.

Basically, window film is a thin sheet of window coating professionally and permanently installed on existing windows to deliver high-value benefits to a homeowner. Window film is rated by the National Fenestration Rating Council, as are new windows and doors, for consumer protection.

Introduced almost 30 years ago, today's window film uses advanced technology to deliver energy savings similar to low-e windows but at a fraction of what replacement windows cost. For single-family homes, window film installation costs can range from $3 to $11 per square foot, depending on the type of window film installed, and the process can be completed in one or two days.

Window film is available in a range of shades from clear to dark. Once installed, the energy conservation benefits are immediate. Also, did you know that the uneven glare coming in through older windows can cause hot spots and damage from UV exposure? Window film allows you to enjoy natural light without the negative impact of harsh glare and UV exposure.

Window film reduces energy consumption by reducing solar heat gain, reducing the homeowner's carbon footprint. Many window films can qualify for "green" credits and energy rebates and are considered carbon-negative products.

Window film is a good, cost-effective and long-term choice when you want to enhance structurally sound windows that function but are not up to contemporary standards. You can prolong the life of your existing windows by incorporating window film, saving money while being environmentally conscious.

Darrell Smith is executive director of the International Window Film Association, based in Martinsville, Va.

Top and middle: *Window film is available in a range of shades from clear to dark.*

Bottom: *Window film delivers energy savings similar to low-e windows but at a fraction of what replacement windows cost.*

Photos courtesy of International Window Film Association

Free booklet

The International Window Film Association, a non-profit organization, offers a free booklet that helps consumers understand more about how window film delivers up to seven times the energy savings per dollar spent, compared to installing replacement windows. You can download it (click on Consumer Info) at www.iwfa.com. North Carolina homeowners can also use the website's Business Locator to find a professional in their area.

Laminate is tough flooring for tough times

Laminate flooring's popularity has shot up because of price, performance and impressive looks.

By John Bruce

One of the toughest, most appealing, functional and simple-to-install floors just happens to be one of the least costly. Laminate flooring has come a long way since its invention in the 1970s and deserves serious consideration by anyone contemplating a new floor, particularly during tough economic times.

Gone are the days when laminates were easy to spot. Laminate flooring's composition (a high-resolution image bonded to a composite core that is sealed under a clear, resin-based wear layer) lets it match the look of any surface. Natural and strikingly realistic designs from hardwood, bamboo, granite, marble, as well as tile and carpet, are all available in laminate.

Along with its impressive looks, laminate flooring's popularity has skyrocketed because of price and performance. Compared to wood, laminate's toughness shines. Its resistance to scratches and dents, and its capacity to stand up to daily wear, all exceed the performance of wood products. The surface withstands wear and tear from small children and pets. The first layer of laminate flooring is an abrasion resistant finish of aluminum oxide. The only material that is harder is diamond.

Laminate does not require waxing, oiling or staining, but should be kept clean, as dust, dirt and sand particles can scratch its surface.

Michele J. Zelman

Laminate flooring exceeds the performance of wood products.

Buildirect

Natural designs from hardwood, like this sample from the Kronoswiss Brand, are available in laminate flooring.

Laminate flooring's chief vulnerability is high moisture that can harm the composite core. If you're planning on it for a kitchen or bath, make sure your laminate is approved for high-moisture areas. These laminates are designed to minimize the risk of moisture damage. Laminate provides better stain resistance compared with hardwood and bamboo because the first layer is stain resistant.

Another plus is easy maintenance—all you need is cleaner and a rag. You can even remove a broken plank and replace it in case of damage.

Do-it-yourselfers appreciate its ease of installation. Laminate is known as a "floating floor system." Think of each plank of wood being nailed to the sub-floor, one after the other. By comparison, once assembled, laminate rests on top of an existing floor. There is no nailing, screwing or gluing. With click-together laminate, you don't glue planks together. Installing the floor is as simple as laying down underlayment, cutting planks to the right lengths, and snapping them together.

Perhaps the biggest attraction of laminate, however, is price. Economy lines are sold for less than $1 per square foot. For a little more money, high-end laminates offer a tougher, more appealing look. Installing laminate is a low-cost solution to a high-cost project.

John Bruce is a professional editor and writer who specializes in electric cooperatives. He lives in Monterey, Va. Source: World Floor Covering Association

Software can assist your home improvement planning

By John Bruce

A down economy is driving most people to bunker down in their homes instead of moving, and more homeowners are taking on remodeling and building projects. Here is software to consider purchasing that could help with both DIY and contracted projects.

Home Designer Suite 2012, $98

The download version of this highly rated software lets you use advanced design tools to visualize what your home improvement project will look like with 3D models and virtual tours. Home Designer Suite 2012 can help you plan and estimate the costs before you begin. Create a new room, bath, kitchen or other space. Myriad cabinet combinations, countertops, appliances and fixtures, as well as custom colors, materials and more are a keystroke away.

Search for: Home Designer Suite 2012

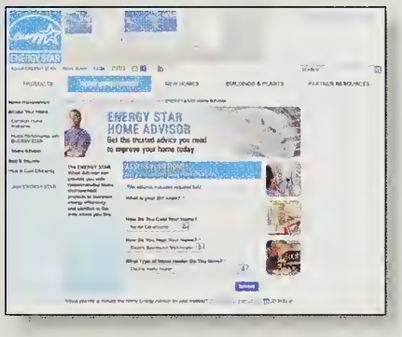
Home & Landscape Design Premium NexGen3, $99

This packaged software includes planning and tools for home improvements as well as landscape and backyard beautification. Apply paint, carpet and other materials to a surface, room, or your entire house with a mouse click. Choose default materials and colors for doors, windows and more before you start designing. Being able to measure distances within your drawing enables planning of furniture placement. User-controlled sun angles and shadows add detailing, as with a photograph. You can opt to print a design as a two- or three-dimensional picture.

Search for: Punch Home & Landscape Design Premium NexGen3

Use Home Designer Suite 2012 to quickly place and arrange walls, windows, doors, cabinets, choose colors, and accessories. Experiment with various options to create different looks.

Free energy website shows estimated savings



What can be done to hold the line on your energy costs? How can you manage these costs this summer and be prepared for winter? The Energy Star Home Advisor website offers free tips and it's simple and anonymous. The site provides a summary of estimated savings in total energy, electricity, fuel use, and carbon emissions associated with custom-recommended measures, based on the typical energy use of homes in the user's area.

Typical recommendations include sealing air leaks, adding insulation, replacing old heating and cooling equipment, installing a high-efficiency water heater, installing a programmable thermostat, and replacing lights and appliances with Energy Star models.

Search for: EnergyStar Home Advisor

Instant Architect 12, $69.95

This packaged software is geared to both the ground-up design of a home as well as a kitchen remodeling. This no-frills design package doesn't feature some of the imaging capabilities of other software and does not allow you to build upon existing floor plans or import your own.

Search for: Instant Architect V12

HGTV Home Design & Remodeling Suite, $49

This packed software has wizards to design bathrooms, kitchens, or a home itself. A unique feature is that you can edit the templates that you design through the wizards after they are implemented into the design. This beginner's software is great for creating a new living space, adding a fireplace, making your home energy efficient with new appliances, replacing countertops, cabinetry and fixtures, and enhancing any room in your house with a brand new look.

Search for: HGTV Home Design & Remodeling Suite

OneNote 2010, $79 after trial

Homeowners rely on mountains of emails, lists of bookmarked websites, piles of catalogs, and numerous notebooks to store their project information. Folks who've gone through this know how quickly vital information gets lost. OneNote might help you organize your home improvement project, from research and budget to calendar and contractors. A 60-day trial version is free.

Search for: OneNote 2010

John Bruce is a professional editor and writer who specializes in electric cooperatives. He lives in Monterey, Va.

Divine deck design

When it comes to improving outdoor living spaces, decks are a popular choice. If you're thinking about adding a new deck, or even replacing or resurfacing an old deck, there are a lot of things to consider before you get started. These tips from Fiberon, a deck manufacturer, will help you design the right deck for your needs.

Determine deck use

- Think through all the ways you'll be using your deck.
- Will you entertain frequently? If so, how many people will you need space for?
- What kind of seating will you need—patio furniture or built-in benches?
- Will you need lighting to entertain at night?

Choose deck location

For most people, the size and orientation of your house and property limit possible deck locations to one or two areas. Within those areas, think about things like:

- **Climate**—If your area gets hot, humid summers, putting a deck in a southern or western location might make it a hot spot you'll end up avoiding. Is it windy where you live? Then think about putting the deck where it will get some protection from the house or a screen of trees.
- **Privacy**— Careful placement of your deck can eliminate unwanted views, minimize traffic noise and give you additional privacy.

Select deck materials

Here are some questions to consider when choosing deck materials:

- What's your budget? When calculating costs, decide the amenities and features you want such as an arbor, fire pit, multiple deck levels, and type of railing.
- How much maintenance are you willing to do? Treated lumber is a common choice for decks. While wood has its advantages, maintenance can become a chore that adds up in terms of time and money. Composite decking is a lower maintenance option that more and more homeowners are choosing.

When choosing materials, it's important to ask yourself how much maintenance you'll want to do on your new deck.

The addition of a deck is a great way to increase your outdoor living space and add value to your home. Asking the right questions and using the right tools will help you create a deck design that's truly divine.

—Family Features.com

Free online tools

When it comes to the design stage of the process, many deck manufacturers, including Trex (www.trex.com) and Fiberon (www.fiberondecking.com), offer free online design tools that allow you to select the shape, size, wood type, color and other deck features to "build" your own custom design. North Carolina homeowners can also look for retailers and builders in their area at these websites. At the DIY website www.bighammer.com (requires Internet Explorer), you enter your zip code, choose from more than 70 deck templates or draw free-form, and print out a specific design for submission to your local government for permits.

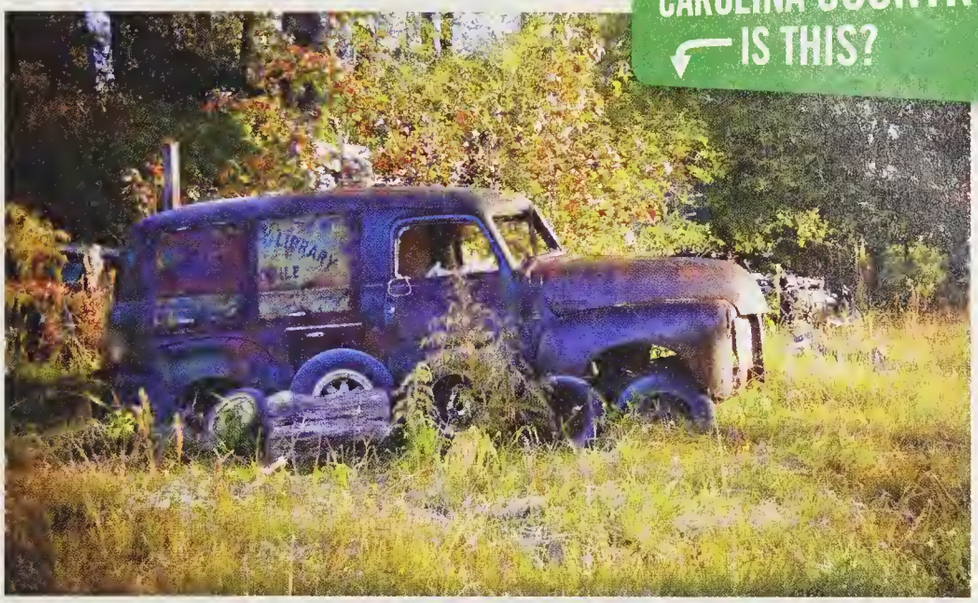
WHERE IN CAROLINA COUNTRY IS THIS?

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by May 8 with your name, address and the name of your electric cooperative.

By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

The winner, chosen at random and announced in our June issue, will receive $25.



April winner

The April photo by Michael Gery shows an old chicken house on Julia Barber's property, Twin Oaks Rd., in the Union Cross community of Surry County. Emily Akers of Thurmond says the building belonged to her great-grandfather, Edgar Barber, but she never went inside much "due to the fear of his pet snake." The winning answer, chosen at random from all the correct entries, was from Ms. Barber's granddaughter Angel Burch-Elquest, who gets Carolina Country at her home in Arizona.

CUSTOM HOMES
Built On Your Land!

Charlotte
(704) 916-9568
Raleigh
(919) 229-9568
Winston-Salem
(336) 462-8568

LOCKRIDGE

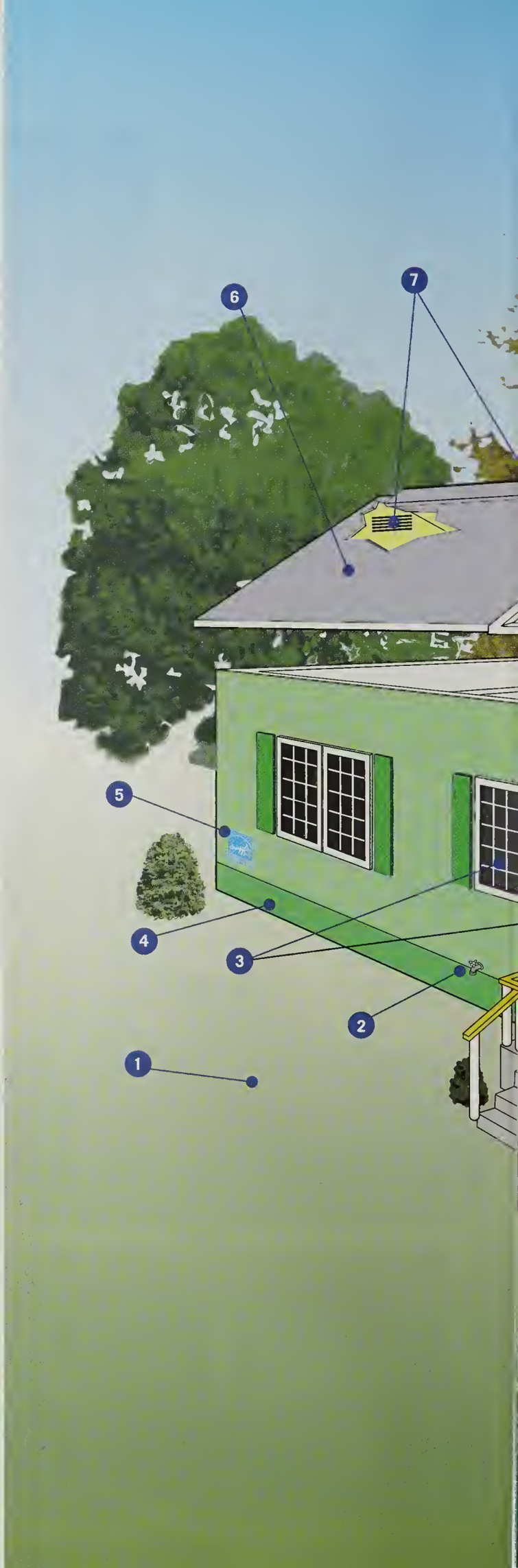
BUILD AND PRICE YOUR DREAM HOME ONLINE AT
www.LockridgeHomes.com

*All information is deemed reliable but is not guaranteed and is subject to change without notice.

Tried & True

22 tips for buying and maintaining an energy-efficient manufactured home

1. Make sure your dealer grades the site properly. Poor grading leads to settling and moisture problems.
2. Seal all plumbing and wiring penetrations. Use expanding foam for large penetrations, caulk for small penetrations.
3. Install storm windows and doors. Weather strip leaky ones.
4. Install vinyl or metal skirting or a foundation wall to protect the home's underbelly and duct connections.
5. An Energy Star-qualified home guarantees effective insulation, high-performance windows, tight construction and efficient heating and cooling equipment.
6. Choose the lightest color roof shingles possible to keep the attic from getting too hot.
7. Gable end and ridge vents provide ample ventilation. You shouldn't need an attic fan.
8. Strategically plant trees to reduce sun exposure during summer and act as a windbreak during winter.
9. Make sure attic insulation has not shifted during transit before joining multi-section homes.
10. Ceiling fans should be turned off in unoccupied rooms.
11. Choose Energy Star products including appliances, HVAC and lighting.
12. Make sure the "marriage walls" (where two sections join) are airtight with foam gaskets installed between sections.
13. Have HVAC system properly sized. Oversized systems contribute to high bills and high indoor humidity. Request a factory-installed heat pump instead of an electric furnace.
14. Have an experienced technician tune up your HVAC system annually to maintain maximum efficiency.
15. Set water heater thermostat to 120 degrees.
16. Keep all interior doors and air registers open for energy-efficient airflow.
17. Change return air filters monthly. Avoid pleated filters because they can restrict proper air flow.
18. On multi-section homes, make sure all ducts that cross over to another section are properly joined with a mastic sealer.
19. Set HVAC thermostat to about 78 degrees in summer, 68 degrees in winter.
20. Make sure the clothes dryer is vented to the outdoors and away from outdoor heating and air conditioning components.
21. Choose an insulation package that maximizes energy savings. Consider more than the minimum requirement.
22. Install a continuous vapor barrier underneath the home. Heavy plastic works well.



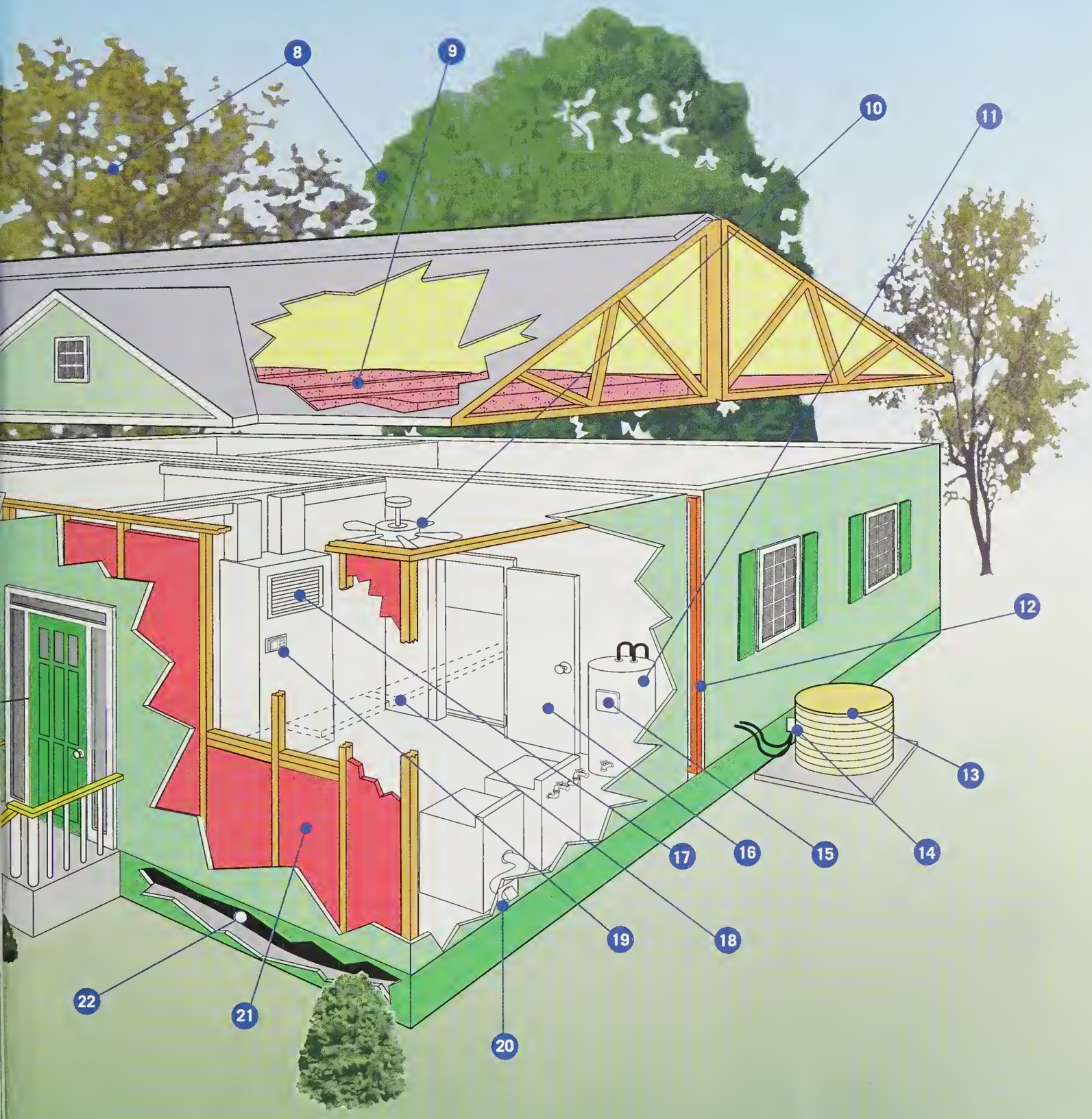
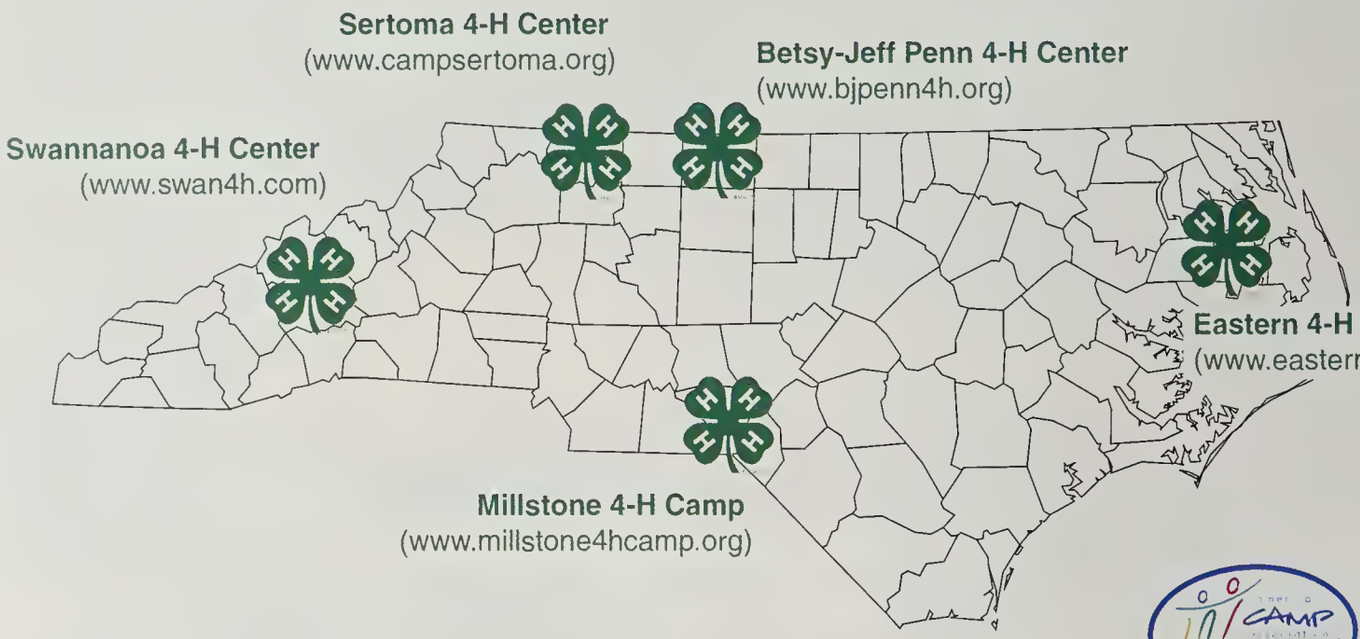


Illustration by Ed Vernon,
for North Carolina's Touchstone Energy cooperatives

North Carolina's 4-H Camps and Centers



www.nc4h.org/centers

Programs and Centers are open to all youth (boys and girls) ages 6-17. Facilities are available for off-season use.

Henry River Mill Village

Photography by Ashley Fetner

Located outside of Hildebran, along the Henry River in eastern Burke County, are the remnants of the mill village that was built around the Henry River Cotton Mill. Last spring the abandoned village served as the set for "District 12" in the filming of the drama "The Hunger Games," released across the country this spring.

The textile mill, built in 1905, produced fine cotton yarn and was water-powered until 1914. During the next 12 years it operated on steam power, and in 1926 it was powered completely by electricity.

The Henry River Mill Village was a very active community with a company store and a boarding house, as well as individual homes for the textile workers and their families. The community not only had its own currency but also ran a school and church, generated its own electricity and had a water and fire protection system in place.

This was a community whose families not only worked together and played together, but also shared in the hard times. If there was ever a need, they were always willing to help each other. Even though the mill closed in the late 1960s, many of the families continued living there.

In 1976 the mill was purchased by a private owner hoping to reopen, but in 1977 the mill caught fire and burned completely down. The last resident moved out around 1987. Only the company store and a few houses remain to testify to the once thriving village that is part of the textile history of Burke County.

—Kay Fetner

Ashley and Kay Fetner are members of Randolph EMC. www.ashleyfetnerportraits.com

On occasion I come across this photo of Uncle Johnny with his daughter on his lap.

Uncle Johnny

One of the best neighbors I knew was Uncle Johnny. I remember the first time I saw him. I had asked another neighbor to disc me a garden and run some rows. The next day, my neighbor was doing just what I had asked. Soon, Uncle Johnny came along on his tractor to help.

Wow! I thought. These guys are really good to have as neighbors. Little did I know that whenever there was work to be done, Uncle Johnny was willing to help. He would help cut grass and weed eat in the neighborhood. During the winter when there were pipes that burst, Uncle Johnny would help fix them. Not only did he fix a busted pipe, he could do other plumbing, too.

He was also the neighborhood watchman. If anyone came by, he would let you know.

Uncle Johnny has gone to live in a better place now. But we will always cherish our memories of him.

Betty Taylor, Kittrell, Wake EMC

The great American snow down

Growing up on the southern shore of the Newport River was a great experience. But the "where" is not as important as with the "who" you grow up with. My father, Rudolph Mason, was a Down Easter with the region's signature dry sense of humor. As a redhead, it was his job to irritate and tease little girls who thought they knew it all.

One cold, dark night when I was 10, I flipped on the porch light to call our cat indoors. To my delight, it was lightly snowing. Snow in Carteret County, as we all know from an early age, paralyzes transportation and, more importantly, closes schools. I gleefully shouted to the entire household, "It's snowing! It's snowing! It's snowing!"

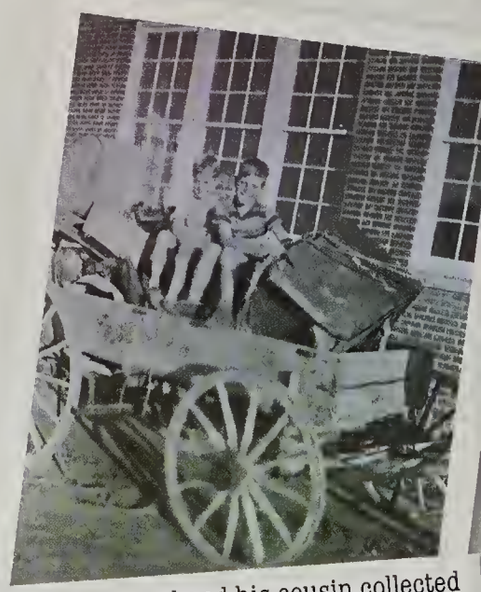
Everyone ran to the door to evaluate my meteorological assessment. Mother said, "It's a very wet snow." Dad said, "That's not snow at all. They're just picking geese to South River!"

Try as I might, no amount of arguing could dissuade my father that it was not someone picking geese to South River, but it was truly snowing. I'm sure he was so pleased with himself for keeping me riled up that night.

To delight in and remember that moment, every time it snows, someone in the family will say, "That's not snow, they're just picking geese to South River!" It's our way of saying, "We love you Daddy and we miss you."

Connie Mason, Morehead City

Doing our part



Charles Swicegood and his cousin collected more scrap metal in support of WWII than anyone in the community.

My mom's brother, Charles L. Swicegood, told a story about this photo.

"I was raised in the small community of Tyro, N.C. My dad, Roy Swicegood, was the principal, coach and teacher at the local school, which probably had an enrollment of 200 in all 12 grades.

"World War II was supported with enthusiasm for our country that may have been matched by other communities and towns, but not surpassed. My dad was a leader in our community and big on patriotism. He organized a contest for the local students to see who could collect the most scrap metal for a collection drive. As a boy of 11, I wanted to do my part for the cause, so I recruited my 8-year old first cousin, Jesse Lee Williams Jr., for the collection and delivery of scrap metal. My dad's school janitor, Mr. Davis, had an old humpback horse that I had ridden many times and used to plow our victory garden. Jesse, the horse and I made the rounds to every trash dump, old deserted house, and anywhere else scraps could be found. With no help from anyone else, we won the first prize of $5. More importantly, we felt that we had helped keep America safe."

Patrick Joyce, Jacksonville, Fla.

SEND US YOUR

We'll pay $50 for those we publish in the magazine. We can put even more on our Internet sites, but can't pay for them. (If you don't want them on the Internet, let us know.)

Guidelines:

1. Approximately 200 words.
2. Digital photos must be at least 600kb or 1200 by 800 pixels.
3. No deadline, but only one entry per household per month.
4. Send a self-addressed, stamped envelope if you want yours returned.
5. We pay $50 for each one published in the magazine. We retain reprint rights.
6. Include your name, mailing address and the name of your electric cooperative.
7. **E-mail:** iremember@carolinacountry.com **Or by U.S. mail:** I Remember, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616

My dad the streaker

In the early 1950s I had been married a short while, and we were living with my parents on the farm. One night this couple (friends of ours) came by and asked my husband and me to go out to dinner with them, so we did.

This was one of the coldest nights I've ever seen. We got back home and it was so cold our friend parked the car as close to the back door as he could get. We were sitting in the car talking with the lights on for 10 to 15 minutes when all at once this flash went by the car lights.

Our friend asked "What or who was that?" Embarrassed as I was, I said, "That was my dad." He was wearing only his 12-gauge Fox Sterlingworth shotgun!

I thought they would never stop laughing.

The next morning, I asked Mom, "What in the world was Daddy doing out in the cold with nothing on?"

She said he had undressed for bed when he heard the chickens in the chicken house, so he grabbed the gun and ran to the chicken house to see what had disturbed them. In the meantime, we drove up and he couldn't get past us, so he stayed in the chicken house until he was almost frozen. He finally ran to the house. Mom said he shivered all night and thought he would never get warm.

Mary Jones, Roxboro, Piedmont EMC

Grandma Jessup's kitchen

I remember the love and care I had from my Grandma Jessup. In her kitchen at her wood cookstove, she would cook chicken and dumplings, peas, pintos, potatoes and, of course, those choked-off handmade biscuits. There was always food in her cupboard, and everyone in the family would help themselves.

One day, Mama and Grandma were sewing, making me clothes. I decided not to bother them. I guess I was 4 or so. I opened the doors on the bottom and top cupboard, stepped on the bottom shelf and was going to pull myself up to get something to eat. Well, that cupboard fell right over on top of me. Pintos and food all in my face. They ran to the kitchen to pick it up off me. They laughed after they found out I wasn't hurt. I was flat on my back holding it up off me.

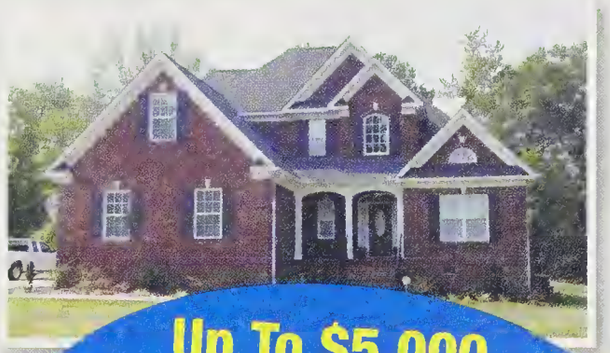
Glynis Sawyers, Pilot Mountain, Surry-Yadkin EMC

I was about 4 when I decided to help myself to my grandmother's cupboard.

CUSTOM HOMES ON YOUR LOT • OUR PLAN OR YOURS

Build it the MADISON Way

> No costly construction loan required.
> We pay standard closing costs.
> No down payment required.
> Free site evaluation.
> Stick-built homes starting at $66/sq ft.



Up To $5,000 In Free Options or Free Granite Kitchen Countertops

Madison Homebuilders
Charlotte, Conover & Columbia

FOR A FREE BROCHURE WITH FLOOR PLANS, CALL US OR VISIT OUR WEBSITE

Charlotte, NC 1-800-957-9304
Conover, NC 1-866-847-6815
Columbia, SC 1-888-745-1011

www.madisonhomebuilders.net

You can reach Charles Joyner by e-mail: joyner@carolinacountry.com

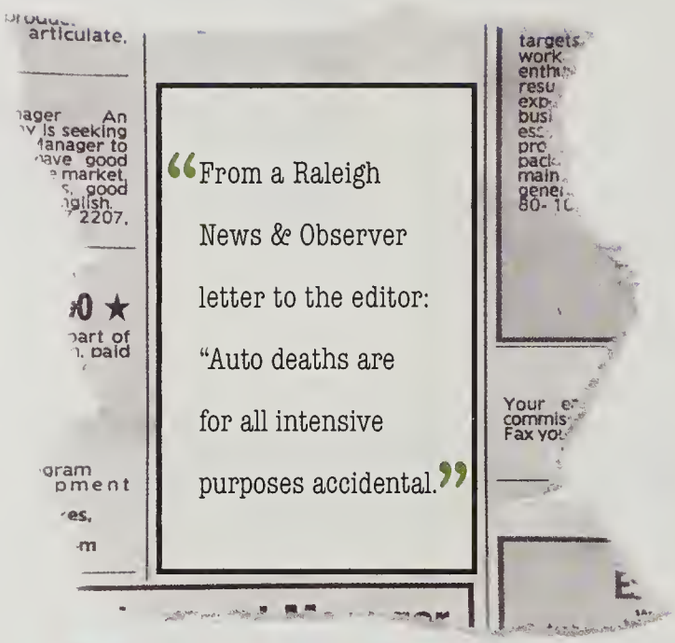
Definition of a Will

T/g	r	a	d	n	a	d	e
l	h	T/g	i	a	o	w	
T/g	r	w		p	l	t	

Use the capital letters in the code key below to fill in the blanks above.

BDEGH IKN OSTUX means power and light

Oh, Henry!



"From a Raleigh News & Observer letter to the editor: "Auto deaths are for all intensive purposes accidental."

Domi-No.s

M/3	A	T/8	H
		X	M/3
W	O	R	D	S

Each letter in this multiplication problem stands for a digit. Given M=3, can you replace the missing digits to find the value of these MATH WORDS?

SQUARE

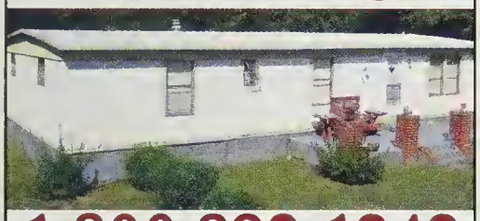
		S	A	Q	
Q		A	R		
		R	S	A	
	A	Q	U		
		E	Q		R
	Q	U	E		

Complete this grid so that every row, column, and every 2 x 3 box contains all six letters SQUARE. No repeats.

For answers, please see page 35

© 2012 Charles Joyner

AMERICA'S OLDEST & LARGEST RARE BREED HATCHERY
FREE COLOR CATALOG
Over 140 varieties of Baby Chicks, Bantams, Turkeys, Guineas, Peafowl, Game Birds, Waterfowl. Also Eggs, Incubators, Books, Equipment, and Medications.
Call 1-800-456-3280 (24 Hours A Day)
Murray McMurray Hatchery, C130, Webster City, Iowa 50595-0458
www.mcmurrayhatchery.com

LIFETIME
mobilehomeroofing.net

1.800.893.1242

Co-op Member Discount
Singlewides | Doublewides | Houses

MOBILE HOME EXTERIORS

- Steel & Rubber Roofing Systems Available
- Insulated Roofing Systems
- Premium Vinyl Siding
- Vinyl Replacement Tilt-in Windows
- Financing Available W.A.C.

For a FREE No Obligation Estimate Call:
1-800-849-5715
www.MobileHomeExteriors.com

A National Leader in Steel Buildings...
www.premierbuildings.com
PREMIER
Building Systems, Inc.
"Steel Buildings Any Size."
1.800.882.5150
Celebrating 16 years of ironclad customer service!
40' x 60' x 12' basic building starting at only...

$11,300

Arco Steel Buildings
1-800-241-8339

24x36x10	$ 6,558
40x60x10	$10,522
60x75x10	$17,150
100x75x12 w/column	$29,522
20x100x8'6" Mini Warehouse	$ 8,397

ALL SIZES AVAILABLE!
www.arcosteel.com
30 Arco Years
Arco Building Systems, Inc.
(FOB PLANT - LOCAL CODES MAY AFFECT PRICES)

RENEGADE STEEL BUILDINGS, INC. 877.363.4233

30x60x10 $9,400	50x80x12 $16,700
40x75x12 $13,200	60x120x14 $26,900

All prices for base building FOB plant
• All sizes avail. • 25 yr. warranty
Built Strong
renegadebuildings.com

HEATMOR
STAINLESS STEEL
OUTDOOR FURNACES

RESIDENTIAL WOOD & COAL STOVES
UP TO 10,000 SQ FT.
COMMERICIAL TO 25,000 SQ FT.

UPDRAFT DESIGN THAT CAN BURN SEASONED AND UNSEASONED CORDWOOD
EPA QUALIFIED STOVES
OBH
EASTERN U.S. DISTRIBUTOR
OUTBACK HEATING, INC
89 ARROW LANE
STUARTS DRAFT, VA 24477
800-743-5883
www.outbackheatinginc.com

YOUR UGLY NAIL FUNGUS CAN BE GONE!
$16.95 INCLUDES POSTAGE
Dear Jim Long,
"I have tried every over the counter product made to cure nail fungus on both my big toes, for over 40 years. I have used your Nail Soak for 6 months and it looks like one or two more nail clippings and it will all be gone! I cannot believe it. Your product has given me healthy, new nails. I can enjoy the summer in sandals once again. Thank you!" ...Dave B., TN

Herbal
Nail Fungus Soak
For Fingernails & Toenails.
Also effective in treating persistent athlete's foot and cracking heel.
Net Wt. .65 oz.

If you want a safe, natural way to be rid of ugly nail fungus, our formula works...
GUARANTEED!
Questions?
Check our Q & A button, on the Nail Fungus page of our website.
Send $16.95 to:
Long Creek Herbs
P.O. Box 127-N
Blue Eye, MO. 65611
Phone: 417-779-4009
(Phones answered Mon. - Fri. 8 - 5 Central)
www.LongCreekHerbs.com
Major Credit Cards & PayPal Accepted
Long Creek Herbs

New Bern ArtWorks & Company

New Bern ArtWorks & Company Fine Arts Gallery has moved to a brighter, more spacious location in the heart of New Bern's historic district. Gallery space has increased from 500 square feet to more than 4,500 in a 1915 building at 323 Pollock Street. New Bern ArtWorks represents more than 60 artists. The new space allows the business to hang large paintings on two levels in an interesting and unusual fashion, said Donna Slade, a gallery co-partner, painter and Tideland EMC member. New Bern ArtWorks' offerings are wide and varied and include paintings, pottery, glass, sculpture and jewelry, as well as featured artist events. In addition to housing New Bern ArtWorks & Company Fine Arts Gallery, "Studio 323" includes studios for artists working in different media, each providing a mini-gallery of interesting art and the opportunity to talk with artists as they create.

(252) 634-9002
www.newbernartworks.com

Curbing domestic violence in Hyde County

Hyde County Hotline is a newly formed service with a mission to help eliminate domestic violence and sexual victimization in Hyde County. Based on the understanding that "if you are not safe in your home, it does not matter if your community is safe," Hyde County Hotline is working with other agencies to aid those affected by violence.

"Domestic violence is a hidden crippler of families," says Eve Contreras, client service advocate. "Sexual victimization is a robber of dignity. They both can leave physical as well as emotional scars." The service relies on volunteers to make it work best. For information on what service the agency provides and how you can help, contact the office in Swan Quarter.

(252) 926-5481

Carolina Country Store features interesting, useful products, services, travel sites, handicrafts, food, books, CDs and DVDs that relate to North Carolina. To submit an item for possible publication, e-mail editor@carolinacountry.com with a description and clear, color pictures. Or you can submit by mail: Country Store, Carolina Country, 3400 Sumner Blvd., Raleigh, NC, 27616. Those who submit must be able to handle mail orders.

on the bookshelf

27 views of Chapel Hill and Asheville

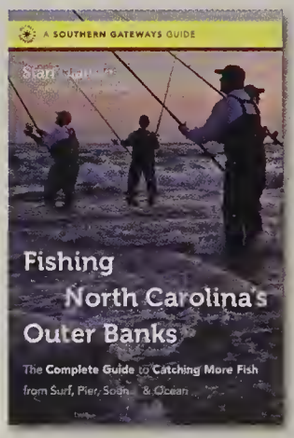
Two more books are available in the "27 Views" series, which features literary communities of contemporary Southern towns. In "27 Views of Chapel Hill," writers who call this southern university town home capture the town's ethos in essays, short stories, poetry and book excerpts. The choir of voices reflect the town's social, historic and creative fabric, and topics range from first-hand accounts of the civil-rights movement sit-ins to the genesis of Mama Dip's Kitchen. Contributors include Will Blythe, Bland Simpson, Mildred Council, Sy Safransky and D.G. Martin. 240 pages. Softcover, 240 pages, $16.95.

In "27 Views of Asheville," writers muse on the fabled mountain town, presenting a varied picture of Asheville life, past and present. A fictionalized account of a battle in the 1980s between citizens and developers; a look at Asheville's literary renaissance; and a poem recalling milkshakes at the Asheville Dairy Bar are among topics covered. Contributing authors include Sharyn McCrumb, Gail Godwin, Ron Rash, Pamela Duncan, Alan Wolf and Nan Chase. Softcover, 260 pages, $15.95.

"27 Views of Hillsborough" was the first book in this series, published by Eno Publishers of Hillsborough, and "27 Views of Durham" should be out this fall.

(919) 632-6893
www.enopublishers.org

Fishing North Carolina's Outer Banks



In this hands-on guide, expert fisherman Stan Ulanski combines his enthusiasm, experience and scientific expertise to tell anglers how to catch more fish. The book emphasizes understanding the underwater environment of the fish an angler is out to catch and details the best approaches to the six main Outer Banks angling scenarios: surf, pier, sound, offshore, inshore, and reef, ledge and shipwreck fishing. The book features illustrated fish profiles with essential information such as identification, food value, habitat pointers and species-specific tips for 35 of the Outer Banks' most common game fish. There is also important storing, cleaning and cooking advice, including six of the author's favorite fresh fish recipes, maps, drawings and illustrations. Softcover, 216 pages, $20.

(800) 848-6224
www.uncpress.unc.edu

ATTENTION MOBILE HOME OWNERS

EXPERT INSTALLATION
LIFETIME WARRANTY
REDUCED ELECTRIC BILL
INSURANCE CREDIT
INCREASED HOME VALUE
STOP LEAKS
NO MORE ROOF RUMBLE

PERMA-ROOF®
from Southern Builders

ASK ABOUT ENERGY STAR

Since 1983
roofover.com
800.633.8969

BBB ACCREDITED BUSINESS

Need a Roof?

Check our Prices 1st
Buy Direct from the Manufacturer

Affordable Metal Roofing
CAROLINAS

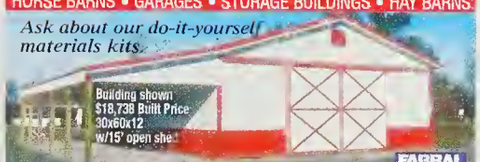
AffordableMetalRoofingCarolinas.com

NATIONAL BARN COMPANY

$9,995
30X50X10
Painted Enclosed
Built Price

HORSE BARNS • GARAGES • STORAGE BUILDINGS • HAY BARNS

Ask about our do-it-yourself materials kits.



FABRAL

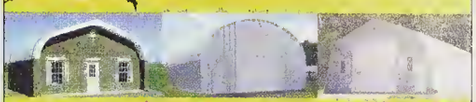
- Hurricane Upgrade E of I-95
- Fully Insured
- #1 Metal
- 4/12 roof pitch
- Engineered trusses
- Custom Sizes Available
- Local Codes & Freight May Affect Prices

1-888-427-BARN (2276)
www.nationalbarn.com NC Lic. #52845

STEEL OVERSTOCK

BLOWOUT

PIONEER
Steel buildings prices that will blow you away!



20 W X 26 L $5,199*
25 W X 32 L $ 6,495*
30 W X 46 L $9,295*
32 W X 56 L $11,700*
*One end wall included.
OTHER SIZES AVAILABLE.
800-668-5422
Steel buildings since 1980
PIONEERSTEEL.COM

American General Life
Introduces
Affordable Life Insurance
The Best Idea For ... Personal Insurance - Business Insurance - Mortgage Protection

10 - Year Guaranteed Level Rates

NON-TOBACCO MONTHLY RATES

Issue Age	$100,000 Male	$100,000 Female	$250,000 Male	$250,000 Female	$500,000 Male	$500,000 Female
30	11.46	11.03	13.04	11.94	19.60	17.41
31	11.46	11.03	13.48	12.16	20.04	17.85
32	11.55	11.11	13.91	12.38	20.48	18.29
33	11.64	11.11	14.35	12.60	20.91	18.73
34	11.64	11.11	14.79	12.82	21.35	19.16
35	11.73	11.20	15.44	13.26	21.79	19.60
36	12.08	11.46	16.32	13.91	23.98	21.35
37	12.43	11.81	17.41	14.79	26.16	23.10
38	12.86	12.25	18.73	15.88	29.23	25.29
39	13.39	12.69	20.04	16.98	32.29	27.48
40	13.91	13.21	21.57	18.29	35.79	30.10
41	14.61	13.65	22.88	19.16	37.98	31.41
42	15.40	14.18	24.19	20.26	40.16	32.73
43	16.36	14.70	25.94	21.57	42.79	34.91
44	17.41	15.40	27.91	22.88	45.85	36.66
45	18.55	16.10	29.88	24.41	49.35	38.85
46	19.08	16.54	31.19	25.94	51.98	41.48
47	19.69	16.98	32.73	27.69	55.04	44.54
48	20.39	17.50	34.69	29.88	58.54	48.04
49	21.18	18.11	36.66	32.07	62.48	51.98
50	22.05	18.73	38.85	34.69	66.85	56.35
51	23.45	19.86	42.13	36.23	72.54	59.85
52	25.11	21.09	45.85	38.19	79.10	64.23
53	27.04	22.66	50.23	40.38	86.98	69.48
54	29.14	24.33	55.04	42.79	95.29	74.73
55	31.50	26.16	60.51	45.41	104.48	80.85
56	34.30	28.00	65.32	48.69	114.54	87.85
57	37.36	30.19	71.01	52.41	126.35	96.16
58	41.21	32.81	77.79	57.23	140.35	106.23
59	45.33	35.53	85.01	62.04	155.23	116.73
60	49.88	38.68	93.10	67.51	172.29	128.54
61	54.34	43.14	102.73	74.73	191.10	142.10
62	59.50	48.13	113.44	82.82	212.54	156.98
63	65.80	54.43	126.79	92.88	238.79	175.79
64	72.36	60.90	140.79	103.38	266.35	195.48
65	79.89	68.34	156.54	115.41	297.85	217.79
66	88.29	73.94	172.29	128.76	330.66	245.35
67	97.83	80.33	190.44	143.63	367.41	275.98
68	109.55	88.20	212.54	162.23	413.35	314.48
69	121.89	96.51	235.73	181.69	461.48	354.73

Premiums illustrated represent 10 year level term insurance with guaranteed level premiums for 10 years. $100,000 - $500,000 rates are Select-A-Term [policy form no. 07007] Preferred Non-tobacco. This coverage features a level death benefit with fully guaranteed level premiums for the first 10 years with coverage to expire at age 95. The policy may be continued on Annual Renewable Term at the end of the level premium period without evidence of insurability until the anniversary nearest the insured's 95th birthday. The underwriting risks, financial and contractual obligations and support functions associated with products issued by **American General Life Insurance Company (AGL)** are its responsibility. **AGL** does not solicit business in the state of New York. Policies and riders not available in all states. Premium rates current as of April 2012; rates may vary by state. Premiums available for other rate classes, ages and payment plans. Premium charges depend on evidence of insurability. Premiums increase at the end of the guaranteed term if policy is renewed. Death benefit remains level. The policy may be contested for two years from the date of issue for material misstatements or omissions on the application. Death benefit is limited to return of premium paid in the event of suicide within first two years. Rates subject to change. Standard Marketing Services represents AGL and other fine insurance companies.

Application Request Form
The information you provide will be kept in strict confidence.

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
DATE OF BIRTH _____ ❑ MALE ❑ FEMALE
AMT. OF INS. DESIRED _____
HOME PH# _____ WORK PH# _____
BENEFICIARY _____ AGE _____
SIGNATURE _____
The best time to call me is: (❑ Home or ❑ Work)
❑ 8-10 am ❑ 10-12 ❑ 12-2pm ❑ 2-4 ❑ 4-6 ❑ 6-8 ❑ 8-9
I wish to pay my premiums: ❑ Annually ❑ Monthly Bank Draft
ADDITIONAL APPLICATION REQUESTED FOR:
NAME _____
DATE OF BIRTH _____ ❑ MALE ❑ FEMALE
AMT. OF INS. DESIRED _____

Clip and Mail to:

Delia Foley
42 Wayside Drive
White Plains, NY 10607

Call Toll-Free For More Information:
(888) 484-8826

For Priority Service - Fax:
(914) 347-3173

MS1-B079-Select A Term 4 2012

JOYNER'S CORNER ANSWERS:

DEFINITION OF A WILL
THINKING OUTSIDE THE BOX

DOMINOS
MATH X M = WORDS
3582 X 3 = 10746

SQUARE
ERSAQU
QUARES
UERSAQ
SAQURE
ASEQUR
RQUESA

May Events

Experience 19th century life in Huntersville during Latta Plantation's Living History Weekend, May 26–27. Demonstrations include open hearth cooking, weaving, woodworking, blacksmithing, and more. Children can make crafts, dance around the maypole, and visit farm animals. $7 for adults, $6 for seniors, $5 for students, ages 5 and under free. Call (704) 875-2312 or visit www.lattaplantation.org.

Mountains

Highland Camerata
Varied chorus music
May 1 & 4, Sparta
(276) 728-2158
www.highlandcamerata.org

Farmers Market Grand Opening
May 2, Hickory
(828) 308-6508
www.welcomehomefurn.com

The Critter Crawl
5k race
May 3, Linville
(828) 468-2013
www.grandfather.com

Relay for Life 5K
May 4, Lincolnton
(828) 308-2722
www.racingtoes.com/pages/relay-for-life-5k.html

POCO & Pure Prairie League Bands
May 4, Spindale
(828) 287-6113
www.foundationshows.org

Mayfest
Arts & crafts, family fun, food
May 5, Rutherfordton
(828) 287-6113
www.rutherfordtown.com

A Tribute To Motown
The Tams and The Drifters
May 5, Asheville
(828) 251-6934
www.uncabulldogs.com

Symphony Spring Concert
May 6, Spindale
(828) 287-6113
www.rcsymphony.org

Carolina Gospel Association
May 10, Rutherfordton
(828) 287-6113
www.carolinagospel.com

Lake Eden Arts Festival
May 10–13, Black Mountain
(828) 686-8742
www.theleaf.org

Naturalist Weekend
May 11–13, Linville
(828) 733-2013
www.grandfather.com

Mayfest
May 11–13, Pilot Mountain
(336) 368-2381
www.mayfestpilotmountainnc.com

Art Crawl
Refreshments, artists
May 17, Hickory
(828) 322-1121
www.downtownhickory.com

Goat Festival
Parade, dancing, comedy magic show
May 18–19, Spindale
(828) 287-6113
www.goatfestival.com

5k, Biathlon & Kids Biathlon
May 19, Lincolnton
(828) 308-2722
www.racingtoes.com

Yadkin Valley Wine Festival
Tastings, music, craft vendors
May 19, Elkin
(336) 526-1111
www.yvwf.com

Feast For The Arts
Dessert gala, silent auction
May 19, West Jefferson
(336) 846-2787
www.ashecountyarts.org

"Our Favorites" Band Concert
May 20, Waynesville
(828) 456-4880

Wilson Creek Visitor Cookout
May 26, Collettsville
(828) 308-0154
www.friendsofwilsoncreek.org

Night Of The Spoken Word
Area writers read works
May 26, West Jefferson
(336) 846-2787
www.ashecountyarts.org

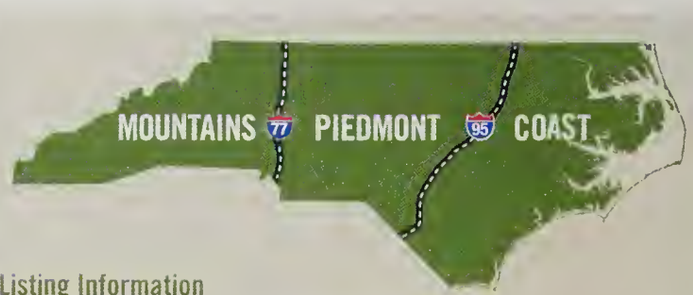
Spring Quilting & Needlework Market
May 26, Drexel
(828) 439-4370

Garden Jubilee Festival
May 26–27, Hendersonville
(828) 693-9708
www.historichendersonville.org

Arts And Crafts Spring Festival
May 26–28, Lake Lure
(828) 287-6113
www.lakelureartsandcraftsfestivals.com

ONGOING

Street Dance
Monday nights, Hendersonville
(828) 693-9708
www.historichendersonville.org



Listing Information

Deadlines:
For July: May 25
For Aug.: June 25

Submit Listings Online:
Visit www.carolinacountry.com and click "See NC" to add your event to the magazine and/or our website. Or e-mail events@carolinacountry.com.

Bluegrass Music Jam
Thursdays, Marion
(828) 652-2215

Alleghany Jubilee
Tuesday & Saturday nights
Sparta
(336) 372-4591
www.alleghanyjubilee.com

Art Walk
First Fridays through Nov. 2
Murphy
(828) 494-7403
www.valleyriverarts.com

The Full Monty
Musical comedy
May 18–June 3, Hickory
(828) 327-3855
www.hct.org

Piedmont

Craig Woolard Band
May 3, Mount Airy
(336) 786-7998
www.surryarts.org

Alive After 5
Band of Oz
May 3, Lumberton
(910) 671-3876

Lying In State
Good Times Drama Club
May 3–5, Mount Airy
(336) 786-7998
www.surryarts.org

Jim Quick & Coastline Concert
May 4, Mount Airy
(336) 786-7998
www.surryarts.org

Ham & Yam Festival
May 4–5, Smithfield
(919) 934-0887
www.hamandyam.com

Billy Scott & The Party Prophets
Beach music
May 5, Mount Airy
(336) 786-7998
www.surryarts.org

Magic Wings Festival
Butterflies, hands-on activities
May 5, Durham
(919) 220-5429
www.lifeandscience.org

Motion Criterium & Art May-Ham
Bicycle racing, BBQ, juried art, music
May 5, Asheboro
(336) 626-1201
www.asheboronc.gov

Multicultural Festival
Native dress, food, visual arts
May 5, Lexington
(336) 248-3960
www.lexingtonnc.net

Spring Daze
Plants, arts & crafts, games
May 5, Thomasville
(336) 886-5189

North Carolina Paint-Out-Party
Auction, music, art
May 5, Sandy Ridge
(336) 403-9493
www.stokesartspleinair.com

Old-Time Dance
The Slate Mountain Ramblers
May 5, Mount Airy
(336) 786-7998
www.surryarts.org

World War II Reenactment
May 5–6, Huntersville
(704) 875-2312
www.lattaplantation.org

Rejoice Dear Hearts
Play about comedian Dave Gardner
May 8, Mount Airy
(336) 786-7998
www.surryarts.org

Doyle Lawson & Quicksilver Bluegrass Festival
May 10–12, Denton
(336) 859-2755
www.farmpark.com

Public Gardens Day
Book signing, picnic
May 10–13, Chapel Hill
(336) 553-1708
www.nationalpublicgardensday.org

The Fantastic Shakers
Party music concert
May 11, Mount Airy
(336) 786-7998
www.surryarts.org

LaurelFest Community Festival
May 11–12, Laurel Hill
(910) 462-2424

Gold Rush Days
May 12, Gold Hill
(704) 267-9439
www.historicgoldhill.com

Eric And The Chill Tones
May 12, Mount Airy
(336) 786-7998
www.surryarts.org

A CHOCOLATE AND BACON COVERED FUNNEL CAKE.
A COLD ONE. AND 43 CARS GOING 190 MILES-PER-HOUR.
YEP, THIS MIGHT BE HEAVEN.
RACING LIVES HERE
But so does unique dining, panning for gold and the North Carolina Music Hall of Fame. Because in heaven, there's something for everyone.
WHERERACINGLIVES.COM
CABARRUS
COUNTY • NC
800.848.3740

Cemetery Walking Tour
May 12, Wake Forest
(919) 556-5143
www.wakeforestnc.gov

Bathabara Highland Games
May 12, Winston-Salem
(336) 924-8191
www.bethabarapark.org

Mothers Day At The Garden
May 12–13, Belmont
(704) 825-4490
www.dsbg.org

Alive After 5
Jim Quick And Coastline band
May 17, Lumberton
(910) 671-3876

Too Much Sylvia
Dance music band
May 18, Mount Airy
(336) 786-7998
www.surryarts.org

Quilt Show And Auction
Vendors, fiber arts, door prizes
May 18–19, Salisbury
(704) 633-8428

Annual Button Show
May 18–19, Greensboro
(910) 791-9024
www.ncbuttonsociety.com

Got To Be NC Festival
Food, wine, carnival rides, classic cars
May 18–20, Raleigh
(919) 821-7400
www.gottobencfestival.com

Voice Of The Blue Ridge
May 19, Mount Airy
(336) 786-7998
www.surryarts.org

Festival Of Beers
May 19, Southern Pines
(910) 692-3926
www.moorecountychamber.com

Civil War Mustering Event
May 19–20, Huntersville
(704) 875-2312
www.lattaplantation.org

The Attractions
Concert series
May 20, Asheboro
(336) 626-1201
www.asheboronc.gov

Really Terrible Orchestra of Triangle
May 23, Raleigh
(919) 554-3339
www.rtoot.org

The Tams Concert
May 24, Mount Airy
(336) 786-7998
www.surryarts.org

Lil John's Mountain Music Festival
May 24–26, Snow Camp
(336) 376-8324
www.littlejohnsmountainmusic.com

Ole Time Fiddler's & Bluegrass Festival
May 25–27
(828) 478-3735
Sherrills Ford
www.fiddlersgrove.com

Connect with your family and new cultures at the Lake Eden Arts Festival

Each spring and fall, a three-day festival in North Carolina's Blue Ridge Mountains country lures families and hip urbanites alike. They come to discover far-flung cultures, world music, the latest outdoor pursuits—in fact, there are countless ways to experience the Lake Eden Arts Festival (LEAF), a funky getaway in Black Mountain that will leave everyone in your group with enough memories to recall together for years to come.

While the big kids try out daring pastimes like swinging on a circus trapeze, hurtling down a zip line, or cutting across Lake Eden in a kayak, little ones can watch professional storytellers act out fairytales at Rockmont camp's historic lodge. Or, simply stroll the festival together as a family and check out art and music workshops, take a swim in the lake or join in a drum circle.

It doesn't end at nightfall. Younger children can attend a chaperoned pajama party, while the teens head over to a 10 p.m. dance (don't worry—it's also chaperoned). Parents can check out one of dozens of musical acts, from a lively marimba band to down-home blues at the Eden Hall music tent.

Among the many LEAF activities popular with kids is the "instrument petting zoo."

Accommodations are basic, with tent sites that ring Lake Eden included in the ticket price. Locals typically bring their own camping gear, but those who want to travel light can pay a service like "Dancin' Dave's Festival Camping" for a complete site set up, including tents, bedding and cookware.

Perhaps the most magical moment my own child experienced at a previous LEAF was the sudden appearance of a New Orleans-style parade. As my son stared in wonder at exotically costumed stilt walkers and fire dancers passing by, a fellow festival attendee smiled and said to him, "It's all real." For three days at this joyful celebration, it really is.

Headlining the 34th festival this month is blues legend Taj Mahal, Afrobeat progeny Seun Kuti & Egypt 80, and the New Orleans Preservation Hall Jazz Band.

Tickets sell out fast. If you miss the spring festival, get ready for the October one.

—Stephanie Janard

Lake Eden Arts Festival 2012, May 10–13 and Oct. 18–21

- Purchase online at www.theleaf.org or call (828) 686-8742.
- Dancin' Dave's Festival Camping Services: Call (715) 277-2737 or visit www.dancindave.com.

Mark Roberts Band
May 25, Mount Airy
(336) 786-7998
www.surryarts.org

Classic Cars Cruise-In
May 26, Asheboro
(336) 626-1201
www.asheboronc.gov

"An Evening With The Duke"
One-man show about John Wayne
May 26, Mount Airy
(336) 786-7998
www.surryarts.org

Country Magic
May 26, Mount Airy
(336) 786-7998
www.surryarts.org

Battle Of The Barbecue
May 26, Littleton
(252) 586-5711
www.lakegastonchamber.com

Living History Weekend
May 26–27, Huntersville
(704) 875-2312
www.lattaplantation.org

Craig Woolard
Alive After 5 music series
May 31, Lumberton
(910) 671-3876

ONGOING

Maness Pottery & Music Barn
Dinner, music, fellowship
Tuesdays, Midway
(910) 948-4897
www.liveatclydes.com

Durham Civil War Roundtable
Third Thursdays, Durham
(919) 643-0466

Art After Hours
Second Fridays, Wake Forest
(919) 570-0765
www.sunflowerstudiowf.com

Betty Lynn (Thelma Lou)
Appearance at Andy Griffith Museum
Third Fridays, Mount Airy
(336) 786-7998
www.visitmayberry.com

Arts Councils' Fourth Friday
Fayetteville
(910) 483-5311
www.theartscouncil.org

Farmers Market
1st & 3rd Saturdays, Wake Forest
(919) 671-9269
www.wakeforestmarket.org

Guest Artist Lauren Petrosky
Through May10, Wake Forest
(919) 570-0765
www.sunflowerstudiowf.com

Visions Revealed
Through May 20, Hillsborough
(919) 732-5001
www.hillsboroughgallery.com

Dear Edwina Junior
Musical comedy
May 4–20, Raleigh
(919) 821-4579
www.raleighlittletheatre.org

Seasons Of Change
Global warming exhibit
Through May, Oxford
(919) 693-9706
www.granvillemuseumnc.org

Six Sundays In Spring
Concert and art market
Through June 3, Wake Forest
(919) 761-1130
www.wakeforestarts.org

Mystic Chords Art
May 21 through June 24, Hillsborough
(919) 732-5001
www.hillsboroughgallery.com

Music Barn Concerts
Saturdays through June 30, Mt. Gilead
(910) 220-6426
www.mgmusicbarn.com

Celebrating 100 Years Of Girl Scouting
Through July, Raleigh
(919) 807-7900
www.ncmuseumofhistory.org

Photography Exhibit
May 5–31, Louisburg
(919) 853-7020
www.franklinarts.org

Park Concerts
Saturdays, May 19–Oct. 6, Albemarle
(704) 791-7399
www.littlecreekmusicpark.com

Coast

Out of the Blue: Coast Guard Aviation
May 1, Elizabeth City
(252) 331-4037
www.museumofthealbemarle.com

Under Both Flags: Civil War in the Albemarle
May 1, Elizabeth City
(252) 331-4037
www.museumofthealbemarle.com

Smoke On The Mountain
Musical comedy about Sanders Singers
May 3–6, Farmville
(252) 329-4200
www.farmvillearts.org

Power Of The Purse
Keynote speaker Marlo Thomas
May 3–6, Greenville
(252) 329-4200
www.womenforwomenpittcounty.com

Heritage Celebration Air Show
May 4–6, Cherry Point
(252) 466-7550
www.cherrypointairshow.com

Derby Dash Bash
May 5, Greenville
(252) 329-4200
www.rhrnc.com

Down East Walk To Defeat ALS
Lou Gehrig disease benefit
May 5, Greenville
(252) 329-4200
www.walktodefeatals.org

Pirate Fest
May 5, Swansboro
(910) 347-5332
www.onslowcountync.gov/parks

Paddle For The Border
May 5, South Mills
(252) 771-8333
www.dismalswampwelcomeenter.com

Drive, Pitch & Putt Competition
May 6, Jacksonville
(910) 347-5332
www.onslowcountync.gov/parks

Albemarle Chorale Spring Concert
Music for royal occasions
May 6, Elizabeth City
(252) 426-5891

Spring Garden Symposium & Garden Tour
May 10, Tarboro
(252) 823-5770

Antique Auto Show
May 12, New Bern
(252) 637-4503

Art on the Neuse Outdoor Festival
May 12, Oriental
(252) 571-1458
www.pamlicoarts.org

Spiritfest
May 12, Havelock
(252) 571-0251
www.oakgrovespiritfest.com

Crafty Saturday
May 12, Tarboro
(252) 641-0857
www.cardscraps.com

Joel Mabus Concert
May 18, New Bern
(252) 354-2444
www.downeastfolkarts.org

Coastal Stars Quilt Show
May 18–19, Morehead City
(252) 808-4060
www.crystalcoastquiltersguild.org

Pirates On The Pungo Regatta
River Forest Manor
May 18–20, Belhaven
(252) 964-3037
www.piratesonpungo.org

Art In The Park
May 19, Richlands
(910) 347-5332
www.onslowcountync.gov/parks

Choral Society Performance Mendelssohn's "Elijah"
May 19, Wilmington
(910) 228-4044
www.wilmingtonchoralsociety.com

Country Roads Bike Tour
May 19, Scotland Neck
(252) 826-3152
www.townofscotlandneck.com

Joel Mabus Concert
Americana-folk singer
May 19, Beaufort
(252) 354-2444
www.downeastfolkarts.org

Crystal Coast Boat Show
May 19–20, Morehead City
(252) 808-0440
www.downtownmoreheadcity.com

Albemarle Chorale Spring Concert
Music for royal occasions
May 20, Kill Devil Hills
(252) 426-5891

Ballroom Dancing
May 26, Greenville
(252) 329-4200
www.greenvillencusadance.org

ONGOING

Blithe Spirit
Comic play
May 18–27, New Bern
(252) 634-7877
www.rivertownerepertoryplayers.net

Art Walk
First Friday, Elizabeth City
(252) 335-5330
http://ecncart.com

Art Walk
First Friday, Greenville
(252) 329-4200
www.uptowngreenville.com

Civil War Exhibits
Through July 31, Hatteras
(252) 986-2995
www.graveyardoftheatlantic.com

By Hannah McKenzie

Carbon monoxide alarms are a good idea

"I recently heard that many residential building codes in the country are starting to require carbon monoxide alarms in all new homes. This seems like a ridiculous requirement for homes that are all electric."

I like to think of carbon monoxide alarms as seat belts in cars. You may never need it, but when you do, it may save your life.

Now the North Carolina Residential Building Code requires carbon monoxide alarms to be installed in all new homes. The inclusion of all homes ensures that if a family installs a gas appliance or attaches a garage at a later date, their family will already be better protected with a carbon monoxide alarm. When power outages occur, people occasionally make dangerous decisions by using a camp stove inside or locating a generator too close to a window.

Most people know carbon monoxide as the "silent killer." It is an odorless, colorless, tasteless gas that is produced when fuel burns. That is only part of the story. Anytime gasoline, kerosene, oil, propane, wood, coal or natural gas burns to produce power or heat, carbon monoxide is created. Examples that may be around your home include: the water heater, furnace, clothes dryer, space heater, grill or your car's exhaust. Think about fuel-burning equipment as a lung. A gas water heater has to inhale fresh air for combustion to occur, and then it exhales the gases that are produced, including carbon monoxide. The exhale is typically through a chimney, flue or exhaust pipe. Your home gets dangerous when the appliance or car exhales a little bit or a lot into your house.

What blows my mind is that for years I didn't realize that carbon monoxide can cause a number of health problems including headaches, dizziness, weakness, nausea, vomiting, chest pain and confusion. Often it will cause flu-like symptoms that clear up after you leave the site. I had always blamed those symptoms on something else and had never considered carbon monoxide as a possibility.

Most carbon monoxide alarms don't sound when there are low levels of carbon monoxide in your home. The Centers for Disease Control and Prevention (CDC) report that every year in the U.S., more than 20,000 people visit the emergency room for symptoms of carbon monoxide poisoning.

I encourage family and friends to purchase a carbon monoxide alarm with a digital display. These types of alarms can be found in home improvement stores and cost about $40. The digital screen indicates the carbon monoxide concentration, but this will only be effective if you pay attention to it. Put it somewhere where you can see the display. If the display shows anything other than 0, something is putting carbon monoxide into your home and you'll need to figure out what. Perhaps your furnace needs to be serviced, or you forgot to turn on the exhaust fan while you were cooking on your gas stove. At the very least, you'll know there is a problem in your home that needs to be solved.

Whether you purchase a fancy monitor or a simple alarm, everyone should have a carbon monoxide alarm in his or her home.

Follow these tips from the CDC to stay safe:

DO have your heating system, water heater and any other gas, oil or coal burning appliances serviced by a qualified technician every year.

DO install a battery-operated CO detector in your home and check or replace the battery when you change the time on your clocks each spring and fall. If the detector sounds, leave your home immediately and call 911.

DO go to an outdoor fresh air space and seek prompt medical attention if you suspect CO poisoning and are feeling dizzy, light-headed or nauseous.

Digital display alarms show carbon monoxide concentration. If it shows anything other than 0, something is putting carbon monoxide into your home.

DON'T use a generator, charcoal grill, camp stove or other gasoline or charcoal-burning device inside your home, basement or garage or near a window.

DON'T run a car or truck inside of a garage attached to your house, even if you leave the door open.

DON'T burn anything in a stove or fireplace that isn't vented.

DON'T heat your house with a gas oven.

Hannah McKenzie is a residential building science consultant at Advanced Energy in Raleigh (www.advancedenergy.org) who specializes in working with nonprofit developers like Habitat for Humanity to make new affordable housing energy efficient.

For more information
www.cdc.gov/co

Vacation Rental

BEAUTIFUL LOG CABINS close to the Blue Ridge Parkway. www.treasurecovecabins.com or 828-627-6037.

BEACH HOUSE, N. Myrtle Beach, SC. 4BR/2B, sleeps 12–14. 828-478-3208. Request photos: bnagel36@charter.net

CONDO–SUMMERWINDS near Emerald Isle in Salter Path. 4 bdrm, 3 bath, 4th floor oceanfront. Fully furnished. Call 804-282-9350 after 6 PM. www.swartzproperties.com

LOG CABIN IN MOUNTAINS of Ashe County, NC. Daily or weekly rental. 336-982-2463. www.carsonlogcabin.com

ATLANTIC BEACH OCEANFRONT. Breathtaking view. 1/BR, 1½ /BA, $75.00. 816-931-3366.

KERR LAKE LEASED RV LOT–Dock available. Annual lease–$1800/yr. Large 45' x 55' size. Water & septic provided. Metered electric. Between Palmer's and Kimbal's Point. 252-456-5236.

CHERRY GROVE CHANNEL HDUSE (North Myrtle Beach), 4br, 3 ½ baths, call 919-542-8146.

Real Estate

315-ACRES WITH CUSTOM 4BR/4.5BA HOUSE. On Caldwell/Alex Co. border. Pics at www.corderhouse.com Call 828-758-4397.

ATTENTION! WE PAY CASH for owner financed notes, trust deeds, contracts for deed, and business notes – Nationwide! Free quote. 256-638-1930 or 256-601-8146.

Gold Maps

FUN, HOW TO PAN. Carolinas, Virginia, Georgia, Alabama, California. 1-321-783-4595. WWW.GOLDMAPS.COM

Insurance

MEDICARE SUPPLEMENT INSURANCE from top notch companies. Great Rates! 1-800-252-6110.

HEALTH INSURANCE Were you refused coverage? We can probably help. 1-800-252-6110.

For Sale

BAPTISTRY PAINTINGS – JORDAN RIVER SCENES. Custom Painted. Christian Arts, Goldsboro, NC 1-919-736-4166. www.christian-artworks.com

USED PORTABLE SAWMILLS and COMMERCIAL SAWMILL EQUIPMENT! Buy/Sell. Call Sawmill Exchange 800-459-2148, USA & Canada, www.sawmillexchange.com

CEMETERY MONUMENTS, MARKERS AND CHURCH COLUMBARIUMS. Design, quality, price and installation guaranteed to impress. Appointments 1-919-222-2431.

TWO PLOTS IREDELL MEMORIAL GARDENS, Statesville, NC. Four Seasons Section C, Space 3 and 4. Value $1645 each, both for $1500 includes transfer fee. 704-657-6351

Business Opportunities

WATKINS SINCE 1868. Top Ten Home Business. 350 products everyone uses. Free catalog packet. 1-800-352-5213.

H & H SIDING AND WINDOWS – vinyl siding, metal roofing, windows. 910-298-5062, cell 910-289-1960.

Miscellaneous

PLAY GOSPEL SONGS BY EAR–$12.95. "Learn Gospel Music." Chording, runs, fills–$12.95. Both $24. Davidsons, 6727C Metcalf, Shawnee Mission, Kansas 66204. 913-262-4982.

DIVORCE MADE EASY. Uncontested, in prison, alien, lost ran away. $179.95. Phone 417-443-6511, 10am – 10pm.

BECOME AN ORDAINED MINISTER, Correspondence study. Founded in 1988. Luke 17:2, Free information. Ministers for Christ Outreach, PMB 767, 6630 West Cactus, B107, Glendale, AZ 85304. www.ordination.org

CAROLINA FISH HATCHERY offers farm direct fish for pond stocking. 910-379-7689.

FREE CREATION SCIENCE INFO–www.creationandscience.net –PO Box 508, Fairhope, AL 36533.

The N.C. Association of Electric Cooperatives and its member cooperatives do not necessarily endorse the services and products advertised. Readers are advised to understand fully any agreement or purchase they make.

LOWEST COST
Term Life Insurance
Issue ages through 90

AGE	$100,000	$250,000
45	12.78	22.75
55	16.19	31.28
65	31.06	68.47

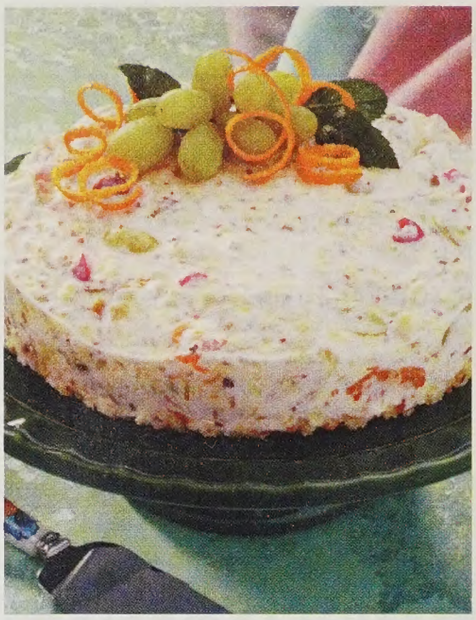
Rates figured on monthly cost for female non-tobacco users
BRANDON RAMLET
(888) 250-5054
TALIC FORM NO. 1-32207-198

NO MORE PUMPER TRUCK!
NOW! SAVE $35.00 on the Nation's #1 Septic Tank Restorer.
★★2 Year Supply★★
Maintaining your septic tank is a necessity. Septal's formula is used by professionals throughout the industry and ***is the strongest you can buy.***
- Septal restores bacteria!
- Liquefies years of sludge build-up!
- Opens Lines!

Solving septic tank worries has been our mission for 40 years
www.septal.com
or **1-800-265-3155**

A RESIDENTIAL RIDER DESIGNED TO IMPRESS.
eXmark Quest

$3,299.00
Or As Low As
$64.00 Per Month
with approved credit.
Free Mulch Kit with the purchase an exmark riding mower!*
It's designed for the guy who wants his yard to stand out in the neighborhood. Powered by Kawasaki. It is available in 42" and 50" cutting deck. It also features easy deck adjustment and an exclusive Exmark floor mat for reduced vibrations. 3 year customer warranty is included.
For more information or a FREE DEMO visit our dealer locator at:
www.exmark.com/blalock/magazine
Or Call: **800-955-4655** Ext. 112
*Cannot be combined with any other offer



Fruit Salad Cheesecake

- 1 can (20 ounces) crushed pineapple, drained
- 1 cup sugar
- ½ cup cold water
- 2 envelopes unflavored gelatin
- 1 package (8 ounces) cream cheese, cubed
- 1½ cups crushed crisp macaroons
- 2 tablespoons butter, melted
- 2 cups halved seedless grapes
- 1 can (11 ounces) mandarin oranges, drained
- 1 jar (10 ounces) maraschino cherries, drained and chopped
- ½ cup finely chopped pecans or walnuts
- 2 cups whipped topping

In a small saucepan, cook pineapple and sugar over medium heat for 5 minutes or until heated through. Place cold water in a bowl; sprinkle with gelatin. Let stand for 1 minute. Stir into the warm pineapple mixture. Reduce heat to low; add cream cheese. Cook and stir until cream cheese is melted and mixture is blended. Remove from heat; cool completely.

In a small bowl, combine macaroon crumbs and butter. Press onto the bottom of a greased 9-inch springform pan; set aside. Stir the grapes, oranges, cherries and nuts into cream cheese mixture. Fold in the whipped topping. Pour into the prepared pan. Cover and refrigerate overnight. Remove sides of pan before serving.

Yield: 12 servings.

Penne Gorgonzola With Chicken

- 1 package (16 ounces) penne pasta
- 1 pound boneless skinless chicken breasts, cut into ½-inch pieces
- 1 tablespoon olive oil
- 1 large garlic clove, minced
- ¼ cup white wine
- 1 cup heavy whipping cream
- ¼ cup chicken broth
- 2 cups (8 ounces) crumbled Gorgonzola cheese
- 6 to 8 fresh sage leaves, thinly sliced
- Salt and pepper to taste
- Grated Parmigiano-Reggiano cheese
- Minced fresh parsley

Cook the pasta according to package directions. Meanwhile, in a large skillet over medium heat, brown chicken in oil on all sides. Add garlic; cook 1 minute longer. Add wine, stirring to loosen browned bits from pan.

Add cream and broth; cook until sauce is slightly thickened and chicken is no longer pink. Stir in the Gorgonzola cheese, sage, salt and pepper; cook just until cheese is melted.

Drain pasta, toss with sauce. Sprinkle with Parmigiano-Reggiano cheese and parsley.

Yield: 8 servings

Sage Meat Loaf

- 1 egg, lightly beaten
- ⅔ cup milk
- 1 tablespoon Worcestershire sauce
- 1 cup crushed saltines
- ¼ cup finely chopped onion
- 1 teaspoon salt
- ½ teaspoon rubbed sage
- ¼ teaspoon pepper
- 1½ pounds ground beef
- ¼ cup ketchup
- 3 tablespoons brown sugar
- 1 teaspoon ground mustard
- ¼ teaspoon ground nutmeg

In a large bowl, combine the first eight ingredients. Crumble beef over mixture and mix well. Pat the meat mixture into an ungreased 9-by-5-inch loaf pan. Bake, uncovered, at 350 degrees for 50 minutes.

Combine the ketchup, brown sugar, mustard and nutmeg; spread over top. Bake 15-20 minutes longer or until meat is not longer pink and a meat thermometer reads 160 degrees. Let stand for 10 minutes before slicing.

Yield: 6 servings.

Find more than 500 recipes at www.carolinacountry.com

Recipes are by Taste of Home magazine,unless otherwise indicated. For a sample copy, send $2 to Taste of Home, Suite 4321, PO Box 990, Greendale WI 53129-0990. Visit the Web page at www.tasteofhome.com.

From Your Kitchen

Knock You Nakeds

- 1 package (18.5 ounce) German chocolate cake mix
- 1 cup chopped pecans
- ⅓ cup plus ½ cup evaporated milk, divided
- ¾ cup butter, melted
- 1 package (14 ounce) Kraft caramels, unwrapped
- 1 cup semi-sweet chocolate morsels

In a large bowl, combine dry cake mix, pecans, ⅓ cup evaporated milk and melted butter. Press half of the batter into the bottom of a greased 13-by-9-by-2-inch glass baking dish. Bake in preheated 350-degree oven for 8 minutes. Meanwhile in the top of a double boiler over simmering water, melt caramels with remaining ½ cup evaporated milk. When well mixed, pour over baked layer. Cover with chocolate morsels. Spread remaining batter on top of morsels. Return to oven and bake 18 minutes. Let cool and cut into squares.

This recipe comes from Mary Lou Williamson of Mebane, a member of Piedmont EMC.

Send Us Your Recipes

Contributors whose recipes are published will receive $25. We retain reprint rights for all submissions. Recipes submitted are not necessarily entirely original. Include your name, address, phone number (for questions), and the name of your electric cooperative. Mail to: Carolina Country Kitchen, P.O. Box 27306, Raleigh, NC 27611 or E-mail to: Jenny.Lloyd@carolinacountry.com.

dish

HIGH-SPEED
INTERNET NOW AVAILABLE
STARTING AT $14.95*
(subject to availability)

HD FREE for Life
(requires 24-month Agreement and qualifying packages)

Promotional prices start at $19.99 a month for 12 mo.
(Reg. price $24.99 | mo.)
(with 24-month Agreement, not eligible with Whole-Home DVR)

FREE
Hopper
WHOLE-HOME HD DVR
with AT200 package or higher
Watch 4 HD programs on different TVs simultaneously

Monthly DVR fee and receiver fees will apply.
See below for details.

PLUS
BLOCKBUSTER @HOME
for 3 mo.
get access to over 100,000 movie titles by mail
(Offer based on the discounted $5 price for Blockbuster @Home. One disc at a time; $10/mo value.)

FREE
HBO
CINEMAX
SHOWTIME
starz
30 movie channels
for 3 mo.

CALL TODAY
AND ASK ABOUT NEXT-DAY INSTALLATION (in most areas)

1·888·245·3077

CALL TODAY TO RECEIVE
$25 Visa® gift card with activation
(courtesy of InfinityDISH, certain conditions apply)

WWW.INFINITYDISH.COM Find us on
WE ARE OPEN 7 DAYS A WEEK • 8 AM - MIDNIGHT EST • SUNDAY 9 AM - MIDNIGHT EST
OFFER ONLY GOOD TO NEW DISH SUBSCRIBERS • SE HABLA ESPAÑOL
dish AUTHORIZED RETAILER

Blockbuster @Home (1 disc at a time): Only available with new qualifying DISH service activated between 2/01/12 and 7/31/12. For the first 3 months of your subscription, you receive a bundle of Blockbuster @Home for $5/mo (regularly $10/mo) and your programming package at a promotional bundle price. Promotional prices continue for 3 months provided you subscribe to both components of the bundle and do not downgrade. After 3 months, then-current prices apply to each component (unless a separate promotional price still applies to your programming package). Requires online DISH account for discs by mail; broadband Internet to stream content; HD DVR to stream to TV. Exchange online rentals for free in-store movie rentals at participating Blockbuster stores. Offer not available in Puerto Rico or U.S. Virgin Islands. Streaming to TV and some channels not available with select packages. Digital Home Advantage plan requires 24-month agreement and credit qualification. Cancellation fee of $17.50/month remaining applies if service is terminated before end of agreement. With qualifying packages, Online Bonus credit requires AutoPay with Paperless Billing, email opt-in for DISH E-Newsletter, and online redemption no later than 45 days from service activation. After applicable promotional period, then-current price will apply. 3-month premium movie offer value is up to $132; after 3 months then-current price applies unless you downgrade. All equipment is leased and must be returned to DISH Network upon cancellation or unreturned equipment fees apply. Upfront fee, monthly fees, and limits on number and type of receivers will apply. PrimeTime Anytime not available in all markets. Number of recording hours will vary. HD programming requires HD television. Prices, packages, programming and offers subject to change without notice. Offer available for new and qualified former customers, and subject to terms of applicable Promotional and Residential Customer agreements. Additional restrictions may apply. Offer ends 7/31/12. © 2012, DISH Network L.L.C. All rights reserved. HBO®, Cinemax® and related channels and service marks are the property of Home Box Office, Inc. SHOWTIME is a registered trademark of Showtime Networks Inc., a CBS Company. STARZ and related channels and service marks are property of Starz Entertainment, LLC. $25 Visa® gift card requires activation and $2.95 shipping and handling fee. You will receive a claim voucher within 3-4 weeks and the voucher must be returned within 30 days. Your Visa® gift card will arrive in approximately 6-8 weeks. InfinityDISH charges a one-time $49.95 non-refundable processing fee. Indiana C.P.D. Reg. No. T.S. 10-1006. *Certain restrictions apply. Based on the availability in your area

Now you can have affordable life insurance to help your family cover final expenses.

- ✓ **Protection up to $35,000***
- ✓ **Eligible up to age 85**
- ✓ **No physical exam required, based on coverage**
- ✓ **Most health conditions accepted**
- ✓ **No waiting period**
- ✓ **Proceeds immediately available at death of insured**
- ✓ **Company cannot cancel your plan, reduce your benefits or raise your premium**

Whole Life Insurance Policy 4-790(92) underwritten by Standard Life and Casualty Insurance Co is not affiliated with or endorsed by any government agency.

*Selected maximums apply depending on age.

Sample Monthly Rates per $1,000 Coverage‡

‡does not include $36 policy fee; minimums may apply

Issue Age	Male (non-tobacco)	Male (tobacco)	Female (non-tobacco)	Female (tobacco)
35	$1.30	$1.79	$1.08	$1.49
55	$3.20	$4.30	$2.53	$3.55
65	$5.36	$7.18	$4.14	$5.41
75	$10.23	$13.24	$7.64	$8.85
85	$19.77	$26.26	$16.52	$17.67

ACT NOW!

Mail coupon to: Peace of Mind
8358 Six Forks Road, Suite 201
Raleigh, NC 27615

☐ Yes, I would like to know more about Peace of Mind life insurance.

☐ Please include information about your low-cost Medicare Supplement Plans.

Name _____

Address _____

City _____ State _____ Zip _____

Date of Birth _____

Telephone _____

CC 05/12

To learn more about this affordable life insurance plan simply fill out and mail in this coupon – without obligation.